



Moroccan Pork Kebabs

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 1.5 pounds pork loin boneless cut into 1 1/2-inch chunks
- ☐ 0.5 small cucumber thinly sliced
- ☐ 1 small eggplant unpeeled cut into 1-inch chunks
- ☐ 4 servings flat bread for serving
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 clove garlic finely chopped
- ☐ 0.1 teaspoon ground cinnamon

- ☐ 1 tablespoon ground cumin
- ☐ 1.5 teaspoons kosher salt
- ☐ 4 tablespoons olive oil
- ☐ 0.3 cup orange juice
- ☐ 1 small onion red cut into 8 wedges
- ☐ 1 tablespoon tomato paste
- ☐ 1 half-pint container tzatziki store-bought (cucumber-yogurt sauce; optional)
- ☐ 4 servings wooden skewers for 30 minutes
- ☐ 4 servings wooden skewers for 30 minutes

Equipment

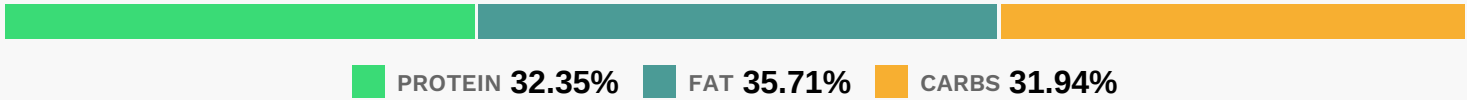
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ skewers
- ☐ toaster

Directions

- ☐ Heat toaster oven to 425 F. In a large bowl, whisk together the orange juice, tomato paste, garlic, cumin, cinnamon, 2 tablespoons of the oil, 1 teaspoon of the salt, and 1/2 teaspoon of the pepper.
- ☐ Add the pork and toss. Cover and refrigerate for at least 30 minutes and up to 8 hours. Meanwhile, in a bowl, combine the eggplant, onion, and the remaining oil, salt, and pepper.
- ☐ Place the vegetables on skewers, alternating eggplant and onion.
- ☐ Transfer the skewers to a foil-lined toaster-oven baking tray.
- ☐ Bake for 20 minutes. Turn the vegetables.
- ☐ Place the pork on skewers and add them to the tray.

- ☐ Bake until the vegetables are tender and the pork is cooked through, turning the pork and vegetables once, about 25 minutes. Meanwhile, wrap the bread in foil and place on top of the pork during the last 5 minutes.
- ☐ Transfer the skewers and bread to individual plates. Spoon the tzatziki (if using) on the side and sprinkle with the cucumber and mint.

Nutrition Facts



Properties

Glycemic Index:84.5, Glycemic Load:31.89, Inflammation Score:-7, Nutrition Score:28.086086832959%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 2.11mg, Hesperetin: 2.11mg, Hesperetin: 2.11mg, Hesperetin: 2.11mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 564.5kcal (28.23%), Fat: 22.3g (34.31%), Saturated Fat: 4.25g (26.58%), Carbohydrates: 44.88g (14.96%), Net Carbohydrates: 38.91g (14.15%), Sugar: 7.32g (8.14%), Cholesterol: 107.2mg (35.73%), Sodium: 1296.14mg (56.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.46g (90.92%), Vitamin B6: 1.48mg (73.88%), Selenium: 48.05µg (68.65%), Vitamin B1: 1mg (66.41%), Vitamin B3: 12.06mg (60.3%), Phosphorus: 493.69mg (49.37%), Manganese: 0.76mg (38.2%), Potassium: 1153.76mg (32.96%), Vitamin B2: 0.45mg (26.53%), Zinc: 3.94mg (26.3%), Fiber: 5.97g (23.88%), Magnesium: 91.7mg (22.92%), Vitamin B5: 1.95mg (19.46%), Iron: 3.48mg (19.33%), Vitamin E: 2.83mg (18.84%), Vitamin C: 14.96mg (18.13%), Copper: 0.36mg (18.05%), Vitamin B12: 0.87µg (14.46%), Vitamin K: 15.17µg (14.44%), Folate: 54.84µg (13.71%), Calcium: 103.9mg (10.39%), Vitamin A: 261.49IU (5.23%), Vitamin D: 0.68µg (4.54%)