



Peach and Pork Kabobs

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup barbecue sauce
- ☐ 1 pound pork loin boneless cut into 1 1/2-inch cubes
- ☐ 0.5 cup bourbon
- ☐ 2 teaspoons rosemary leaves fresh divided chopped
- ☐ 2 garlic clove minced
- ☐ 1 large bell pepper green cut into 1 1/2-inch pieces
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup olive oil divided

- ☐ 2 large peaches unpeeled cut into 8 wedges each
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt
- ☐ 10 inch frangelico
- ☐ 10 inch frangelico

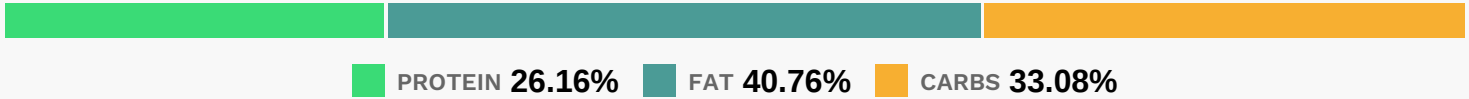
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Whisk together first 3 ingredients, 2 Tbsp. olive oil, and 1 tsp. rosemary; reserve 1/4 cup.
- ☐ Pour remaining mixture into a large shallow dish or zip-top plastic freezer bag; add pork, turning to coat. Cover or seal, and let stand 10 minutes.
- ☐ Meanwhile, cook barbecue sauce and reserved 1/4 cup mixture in a medium saucepan over medium heat, stirring occasionally, 3 minutes or until bubbly.
- ☐ Remove from heat.
- ☐ Remove pork from marinade, discarding marinade. Thread pork onto skewers, leaving a 1/8-inch space between pieces.
- ☐ Sprinkle pork with salt and pepper.
- ☐ Thread peaches and bell peppers alternately onto other skewers, leaving a 1/8-inch space between pieces.
- ☐ Drizzle with remaining 2 Tbsp. olive oil, and sprinkle with remaining 1 tsp. rosemary.
- ☐ Grill pork and fruit-and-vegetable kabobs at the same time, covered with grill lid. Grill pork, turning occasionally, 7 to 8 minutes on each side or until done, brushing pork with barbecue sauce mixture during last 5 minutes of grilling. Grill fruit-and-vegetable kabobs 4 minutes on each side or until bell peppers are crisp-tender.

Nutrition Facts



Properties

Glycemic Index:31.81, Glycemic Load:3.32, Inflammation Score:-7, Nutrition Score:19.470434841902%

Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 481.79kcal (24.09%), Fat: 18.8g (28.93%), Saturated Fat: 3.36g (20.97%), Carbohydrates: 34.34g (11.45%), Net Carbohydrates: 31.7g (11.53%), Sugar: 26.53g (29.48%), Cholesterol: 71.44mg (23.81%), Sodium: 1202.92mg (52.3%), Alcohol: 10.02g (100%), Alcohol %: 3.55% (100%), Protein: 27.15g (54.31%), Vitamin C: 43.25mg (52.43%), Vitamin B6: 1.04mg (51.84%), Selenium: 34.19µg (48.84%), Vitamin B3: 7.77mg (38.84%), Vitamin B1: 0.57mg (37.85%), Phosphorus: 298.46mg (29.85%), Vitamin E: 3.34mg (22.25%), Potassium: 753.25mg (21.52%), Vitamin B2: 0.29mg (16.84%), Zinc: 2.43mg (16.19%), Vitamin K: 15.19µg (14.46%), Magnesium: 49.33mg (12.33%), Manganese: 0.25mg (12.25%), Vitamin B5: 1.14mg (11.4%), Vitamin A: 560.95IU (11.22%), Copper: 0.22mg (10.84%), Fiber: 2.64g (10.56%), Vitamin B12: 0.58µg (9.64%), Iron: 1.55mg (8.61%), Calcium: 36.36mg (3.64%), Folate: 13.61µg (3.4%), Vitamin D: 0.45µg (3.02%)