



Pig on a Stick

 Gluten Free

READY IN



80 min.

SERVINGS



12

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon brown sugar
- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon chives dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 teaspoon ginger fresh grated
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon garlic powder

- ☐ 1 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 to 1 jalapeno pepper minced seeded
- ☐ 1 tablespoon kosher salt
- ☐ 0.5 cup soya sauce light
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon onion powder
- ☐ 18 ounce orange marmalade
- ☐ 0.5 teaspoon paprika
- ☐ 2 pounds pork tenderloin
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon scotch bonnet pepper dried crushed

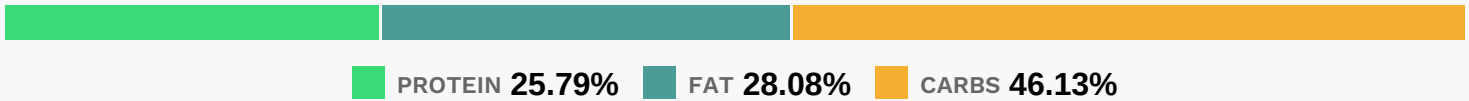
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ skewers
- ☐ broiler pan
- ☐ wooden skewers

Directions

- ☐ Special equipment: 2 dozen (10–inch) wooden skewers soaked in water for 20 minutes, then drained well.
- ☐ Cut tenderloin in half crosswise.
- ☐ Cut each half lengthwise into 4–inch thin strips.
- ☐ Place pork in a heavy duty re–sealable plastic bag.
- ☐ In a small bowl, combine soy sauce, olive oil, garlic, and jerk seasoning.
- ☐ Pour over pork. Seal bag, and marinate pork in refrigerator, 1 hour.
- ☐ Turn on broiler.
- ☐ When ready to cook the pork, line a broiler pan with aluminum foil. Lightly grease rack and place on pan.
- ☐ Remove pork from bag; discard marinade.
- ☐ Thread pork onto skewers in an "s" shape.
- ☐ Place skewers in a single layer on a prepared pan. Broil 5 inches from heat for 8 minutes, turning once.
- ☐ Serve warm with Caribbean Dipping Sauce.
- ☐ Combine all ingredients in a bowl until well mixed. Store in an airtight container.
- ☐ In a medium saucepan, melt butter over medium–high heat.
- ☐ Add pepper and ginger, and cook 2 minutes, stirring frequently. Reduce heat to medium–low, and stir in marmalade, lime juice, and salt. Simmer 5 minutes, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:27.42, Glycemic Load:0.18, Inflammation Score:–3, Nutrition Score:11.871304449828%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 256.2kcal (12.81%), Fat: 8.21g (12.64%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 30.36g (10.12%), Net Carbohydrates: 29.68g (10.79%), Sugar: 26.14g (29.05%), Cholesterol: 51.65mg (17.22%), Sodium: 1241.58mg (53.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.97g (33.94%), Vitamin B1: 0.76mg (50.47%), Selenium: 23.5µg (33.58%), Vitamin B6: 0.63mg (31.48%), Vitamin B3: 5.46mg (27.3%), Phosphorus: 203.32mg (20.33%), Vitamin B2: 0.29mg (16.9%), Potassium: 359.57mg (10.27%), Zinc: 1.52mg (10.16%), Manganese: 0.17mg (8.38%), Magnesium: 28.45mg (7.11%), Vitamin B5: 0.7mg (6.97%), Iron: 1.23mg (6.82%), Vitamin B12: 0.4µg (6.58%), Vitamin C: 5.42mg (6.57%), Copper: 0.13mg (6.52%), Vitamin E: 0.93mg (6.19%), Vitamin A: 250.33IU (5.01%), Vitamin K: 3.59µg (3.42%), Calcium: 30.49mg (3.05%), Fiber: 0.68g (2.72%), Folate: 6.8µg (1.7%), Vitamin D: 0.23µg (1.51%)