



 **55%**
HEALTH SCORE

Pinchos de Cerdo con Salsa de Guayaba (Pork Skewers with Guava Sauce)

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



8

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2.5 pounds pork loin boneless cut into 1 1/2-inch cubes
- 2 tablespoons rum dark
- 12 ounces guava chopped
- 0.5 cup beef broth
- 2 tablespoons juice of lime fresh
- 1.5 teaspoons olive oil

- 2 large onion cut into 16 wedges
- 1 tablespoon oregano
- 0.3 teaspoon salt
- 0.8 teaspoon salt

Equipment

- bowl
- sauce pan
- grill
- skewers

Directions

- To prepare pork, combine oregano, oil, salt, and pepper in a large bowl.
- Add pork; stir to coat. Cover and refrigerate for 2 hours. Thread pork and onion alternately onto 16 (8-inch) skewers.
- Prepare grill.
- Place skewers on a grill rack coated with cooking spray, and grill 14 minutes or until done, turning occasionally. Arrange skewers on a platter; keep warm.
- To prepare sauce, combine guava paste and the remaining ingredients in a small saucepan. Bring to a simmer over medium heat; cook 8 minutes or until smooth, stirring constantly.
- Serve sauce with pork.

Nutrition Facts



PROTEIN 56.25% FAT 26.31% CARBS 17.44%

Properties

Glycemic Index:18, Glycemic Load:3.26, Inflammation Score:0, Nutrition Score:21.939130441002%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin:

0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin:
1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol:
0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg,
Myricetin: 0.01mg Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg

Nutrients (% of daily need)

Calories: 250.16kcal (12.51%), Fat: 6.98g (10.74%), Saturated Fat: 2.02g (12.6%), Carbohydrates: 10.41g (3.47%), Net
Carbohydrates: 7.16g (2.61%), Sugar: 5.47g (6.08%), Cholesterol: 89.3mg (29.77%), Sodium: 390.3mg (16.97%),
Alcohol: 1.25g (100%), Alcohol %: 0.64% (100%), Protein: 33.57g (67.14%), Vitamin C: 100.87mg (122.27%), Vitamin
B6: 1.17mg (58.52%), Selenium: 39.75µg (56.78%), Vitamin B1: 0.68mg (45.07%), Vitamin B3: 8.68mg (43.41%),
Phosphorus: 348.61mg (34.86%), Potassium: 806.28mg (23.04%), Zinc: 2.74mg (18.24%), Vitamin B2: 0.3mg
(17.44%), Vitamin B5: 1.31mg (13.06%), Magnesium: 52.17mg (13.04%), Fiber: 3.25g (12.98%), Vitamin B12: 0.72µg
(12.05%), Copper: 0.2mg (10.11%), Manganese: 0.17mg (8.57%), Folate: 29.84µg (7.46%), Iron: 1.21mg (6.71%), Vitamin
A: 279.29IU (5.59%), Vitamin K: 5.82µg (5.54%), Vitamin E: 0.73mg (4.89%), Vitamin D: 0.57µg (3.78%), Calcium:
34.61mg (3.46%)