



Pinchos Morunos

 **Gluten Free**  **Dairy Free**

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

148 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 pound pork tenderloin trimmed cut into 18 cubes
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon oregano dried

- ☐ 1 tablespoon paprika
- ☐ 2 bell peppers red cut into 6 wedges
- ☐ 2 small onions red cut into 6 wedges
- ☐ 0.3 teaspoon saffron threads crushed
- ☐ 0.8 teaspoon salt
- ☐ 2 bell peppers yellow cut into 6 wedges

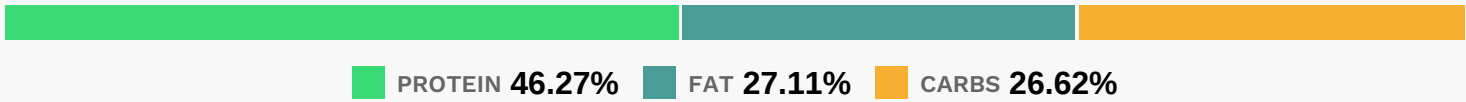
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare grill.
- ☐ Combine first 10 ingredients in a large bowl; add pork, tossing to coat.
- ☐ Thread 3 pork pieces, 2 onion pieces, 2 red bell pepper pieces, and 2 yellow bell pepper pieces alternately onto each of 6 (12-inch) skewers.
- ☐ Place kebabs on a grill rack coated with cooking spray; grill 6 minutes on each side or until pork is done.

Nutrition Facts



Properties

Glycemic Index:41.33, Glycemic Load:1.43, Inflammation Score:-9, Nutrition Score:22.3333913118943%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg

Nutrients (% of daily need)

Calories: 147.8kcal (7.39%), Fat: 4.55g (7%), Saturated Fat: 0.95g (5.91%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 7.39g (2.69%), Sugar: 3.4g (3.78%), Cholesterol: 49.14mg (16.38%), Sodium: 337.8mg (14.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.47g (34.95%), Vitamin C: 130.09mg (157.69%), Vitamin B1: 0.82mg (54.38%), Vitamin K: 47.61µg (45.34%), Vitamin A: 2151.95IU (43.04%), Vitamin B6: 0.86mg (43.01%), Selenium: 23.97µg (34.25%), Vitamin B3: 6.04mg (30.2%), Phosphorus: 227.61mg (22.76%), Vitamin B2: 0.33mg (19.68%), Potassium: 583.64mg (16.68%), Zinc: 1.79mg (11.93%), Manganese: 0.23mg (11.32%), Iron: 2.01mg (11.17%), Fiber: 2.66g (10.65%), Vitamin E: 1.59mg (10.62%), Folate: 40.84µg (10.21%), Magnesium: 40.54mg (10.14%), Vitamin B5: 0.93mg (9.25%), Copper: 0.16mg (7.77%), Vitamin B12: 0.39µg (6.43%), Calcium: 38.41mg (3.84%), Vitamin D: 0.15µg (1.01%)