



## Pork-and-Chorizo Kebabs

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 ounce chorizo sausage cut sliced
- 20 bay leaf fresh
- 1 onion cut into large chunks
- 2 pounds pork loin cut into 1-inch cubes
- 10 servings wine

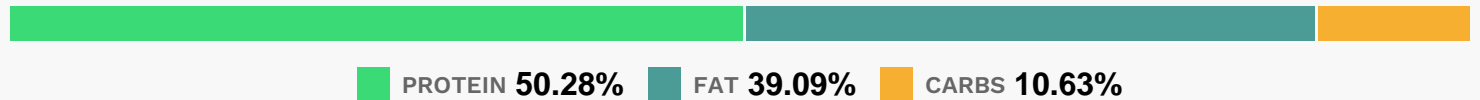
### Equipment

- grill
- skewers

## Directions

- Thread first 3 ingredients and bay leaves, if desired, onto 10 (12-inch) skewers.
- Place in a shallow container; pour White Wine Marinade over kebabs. Cover and chill 4 to 8 hours, turning occasionally.
- Remove kebabs from marinade, discarding marinade.
- Place kebabs on greased grill rack. Grill over high heat (450 to 600°F)
- for 10 to 12 minutes or until pork reaches 155°F
- (Pork will be slightly pink.)

## Nutrition Facts



## Properties

Glycemic Index:4.2, Glycemic Load:0.8, Inflammation Score:-6, Nutrition Score:11.179130424624%

## Flavonoids

Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

## Nutrients (% of daily need)

Calories: 300.17kcal (15.01%), Fat: 8.17g (12.57%), Saturated Fat: 3.88g (24.27%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 4.76g (1.73%), Sugar: 1.88g (2.09%), Cholesterol: 81.15mg (27.05%), Sodium: 52.63mg (2.29%), Alcohol: 15.14g (100%), Alcohol %: 6.78% (100%), Protein: 23.64g (47.27%), Vitamin B6: 0.78mg (38.76%), Selenium: 25.34µg (36.2%), Vitamin B1: 0.41mg (27.62%), Vitamin B3: 5.39mg (26.94%), Phosphorus: 233.99mg (23.4%), Potassium: 460.78mg (13.17%), Zinc: 1.84mg (12.24%), Vitamin B2: 0.2mg (11.5%), Manganese: 0.21mg (10.44%), Magnesium: 39.63mg (9.91%), Vitamin C: 7.08mg (8.58%), Vitamin B12: 0.46µg (7.71%), Iron: 1.37mg (7.59%), Vitamin B5: 0.76mg (7.56%), Vitamin A: 184.02IU (3.68%), Copper: 0.06mg (3.18%), Calcium: 28.82mg (2.88%), Vitamin D: 0.36µg (2.42%)