



Pork and Mango Kebabs



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup honey
- ☐ 2 tablespoons juice of lemon
- ☐ 2 but mangos firm pitted ripe peeled cut into 1-inch cubes
- ☐ 1.3 lb pork tenderloin cut into 1 1/2-inch cubes
- ☐ 2 bell peppers red seeded cut into 1-inch squares
- ☐ 8 servings salt and pepper
- ☐ 2 tablespoons soya sauce

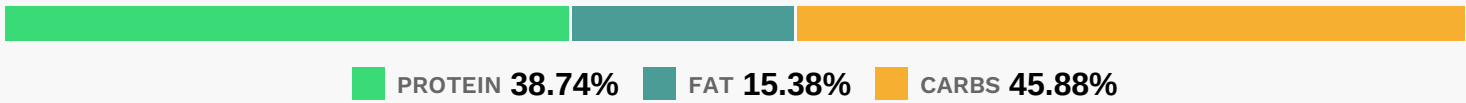
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ metal skewers
- ☐ wooden skewers

Directions

- ☐ Set a rack about 6 inches from heat source and preheat broiler to high. Line a broiling pan with foil. (Alternatively, preheat a gas grill to medium-high.)
- ☐ Thread pork, peppers and mango onto long metal skewers or wooden skewers that have been soaked in water, alternating ingredients.
- ☐ Combine honey, soy sauce and lemon juice in a small bowl; stir to combine. Set aside 2 Tbsp. honey mixture.
- ☐ Season kebabs with salt and pepper.
- ☐ Brush on all sides with honey mixture. Broil or grill, turning and brushing often with honey mixture, until lightly browned and pork is firm to the touch, 10 to 12 minutes. Using a clean brush, coat kebabs with reserved 2 Tbsp. honey mixture and serve.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:8.55, Inflammation Score:-8, Nutrition Score:16.170869391897%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg,

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 159.56kcal (7.98%), Fat: 2.8g (4.31%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 18.8g (6.27%), Net Carbohydrates: 17.27g (6.28%), Sugar: 17.21g (19.12%), Cholesterol: 46.07mg (15.36%), Sodium: 484.18mg (21.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.87g (31.74%), Vitamin C: 58.42mg (70.81%), Vitamin B1: 0.73mg (48.67%), Vitamin B6: 0.7mg (35.18%), Selenium: 21.94µg (31.34%), Vitamin A: 1493.05IU (29.86%), Vitamin B3: 5.52mg (27.58%), Phosphorus: 193.78mg (19.38%), Vitamin B2: 0.3mg (17.37%), Potassium: 447.2mg (12.78%), Zinc: 1.49mg (9.94%), Folate: 37.71µg (9.43%), Vitamin B5: 0.82mg (8.19%), Magnesium: 30.12mg (7.53%), Vitamin E: 1.1mg (7.32%), Copper: 0.14mg (6.81%), Vitamin B12: 0.37µg (6.14%), Fiber: 1.52g (6.08%), Iron: 1.05mg (5.86%), Manganese: 0.11mg (5.39%), Vitamin K: 3.63µg (3.46%), Vitamin D: 0.21µg (1.42%), Calcium: 13.91mg (1.39%)