



Pork and Pineapple Kabobs

 Gluten Free  Dairy Free

READY IN



39 min.

SERVINGS



39

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb pork loin boneless cut into 1-inch chunks
- 2 Tbsp grey poupon dijon mustard
- 1 Tbsp rosemary fresh finely chopped
- 0.5 cup onion chunks red (1 inch)
- 1 cup pepper chunks green (1 inch)
- 1 cup pineapple chunks fresh (1 inch)
- 0.5 cup honey spiced pork chop barbecue sauce kraft

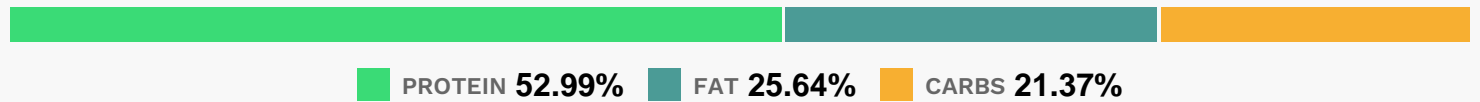
Equipment

- bowl
- grill
- skewers

Directions

- Mix first 3 ingredients in large bowl. Reserve 1/4 cup for later use.
- Add meat to remaining sauce; toss to coat. Refrigerate 15 min. to marinate.
- Heat grill to medium-high heat.
- Remove meat from marinade; discard marinade. Thread meat onto skewers alternately with pineapple, peppers and onions.
- Grill 12 to 14 min. or until meat is done, turning occasionally and brushing with reserved sauce.

Nutrition Facts



Properties

Glycemic Index:1.77, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.9965217398561%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 25.8kcal (1.29%), Fat: 0.73g (1.12%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 1.14g (0.42%), Sugar: 1.05g (1.17%), Cholesterol: 9.36mg (3.12%), Sodium: 15.89mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Selenium: 4.52µg (6.46%), Vitamin B6: 0.13mg (6.3%), Vitamin B1: 0.08mg (5.5%), Vitamin B3: 0.95mg (4.77%), Vitamin C: 3.81mg (4.61%), Phosphorus: 35.67mg (3.57%), Potassium: 73.46mg (2.1%), Zinc: 0.28mg (1.84%), Vitamin B2: 0.03mg (1.81%), Magnesium: 5.72mg (1.43%), Vitamin B12: 0.08µg (1.26%), Vitamin B5: 0.12mg (1.18%)