



Pork and Pineapple Kabobs

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

READY IN



39 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup original bbq sauce kraft
- 2 Tbsp dijon mustard
- 1 Tbsp rosemary fresh finely chopped
- 0.5 cup onion chunks red (1 inch)
- 1 cup pepper squares green (1 inch)
- 1 cup pineapple chunks fresh (1 inch)
- 450 g pork chops boneless cut into 1-inch pieces

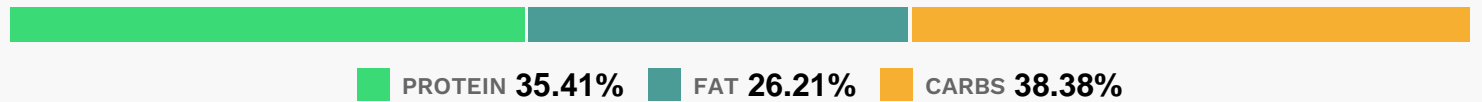
Equipment

- grill
- skewers

Directions

- Mix first 3 ingredients. Reserve 1/4 cup sauce for later use.
- Pour remaining sauce over chops in shallow dish; turn chops over to coat both sides of each. Refrigerate 15 min. to marinate.
- Heat barbecue to medium-high heat.
- Remove meat from marinade; discard marinade. Thread meat onto 8 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:17.25, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:18.555652245231%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 291.93kcal (14.6%), Fat: 8.46g (13.01%), Saturated Fat: 2.84g (17.74%), Carbohydrates: 27.87g (9.29%), Net Carbohydrates: 25.42g (9.25%), Sugar: 22.15g (24.61%), Cholesterol: 75.38mg (25.13%), Sodium: 507.34mg (22.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.71g (51.42%), Selenium: 40.59µg (57.98%), Vitamin B1: 0.86mg (57.58%), Vitamin B6: 1mg (50.1%), Vitamin B3: 9.62mg (48.08%), Vitamin C: 37.33mg (45.24%), Phosphorus: 287.17mg (28.72%), Potassium: 684.38mg (19.55%), Vitamin B2: 0.26mg (15.41%), Zinc: 2mg (13.32%), Magnesium: 52.48mg (13.12%), Vitamin B12: 0.6µg (9.94%), Fiber: 2.45g (9.79%), Vitamin B5: 0.96mg (9.64%), Copper: 0.19mg (9.56%), Manganese: 0.16mg (7.98%), Iron: 1.27mg (7.07%), Vitamin A: 270.13IU (5.4%), Calcium: 43.53mg (4.35%), Vitamin E: 0.61mg (4.08%), Vitamin K: 4.01µg (3.82%), Folate: 12.19µg (3.05%), Vitamin D: 0.45µg (3%)