



Pork and Sweet Pepper Kebabs



Gluten Free



Dairy Free

READY IN



83 min.

SERVINGS



4

CALORIES



180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 bell peppers mini
- ☐ 2 teaspoons brown sugar
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 4 garlic cloves minced
- ☐ 1 tablespoon catsup
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 pound pork tenderloin trimmed cut into 1/2-inch cubes
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.3 cup lower-sodium soy sauce
- ☐ 1 teaspoon worcestershire sauce

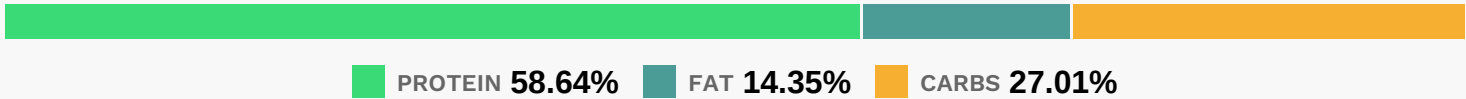
Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Place first 7 ingredients in a large zip-top bag, stirring well.
- ☐ Add pork; seal bag. Refrigerate 1 hour, turning after 30 minutes.
- ☐ Preheat grill to medium-high heat.
- ☐ Remove pork from bag, and discard marinade. Thread pork evenly onto 4 (6-inch) skewers; sprinkle evenly with salt. Thread 4 mini bell peppers onto each of 4 (6-inch) skewers. Arrange skewers in a single layer on grill rack coated with cooking spray; grill 3 minutes on each side or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:1.69, Inflammation Score:-10, Nutrition Score:27.680000460666%

Flavonoids

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 Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 180kcal (9%), Fat: 2.89g (4.45%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 12.24g (4.08%), Net Carbohydrates: 9.64g (3.51%), Sugar: 7.81g (8.67%), Cholesterol: 73.71mg (24.57%), Sodium: 840.34mg (36.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.57g (53.14%), Vitamin C: 146.1mg (177.09%), Vitamin B1: 1.21mg (80.48%), Vitamin A: 3564.7IU (71.29%), Vitamin B6: 1.28mg (64.04%), Selenium: 35.63µg (50.9%), Vitamin

B3: 8.96mg (44.81%), Phosphorus: 342.89mg (34.29%), Vitamin B2: 0.53mg (31.44%), Potassium: 788.44mg (22.53%), Zinc: 2.6mg (17.34%), Folate: 59.88µg (14.97%), Vitamin E: 2.2mg (14.64%), Magnesium: 57.08mg (14.27%), Vitamin B5: 1.39mg (13.94%), Manganese: 0.27mg (13.41%), Iron: 1.99mg (11.07%), Fiber: 2.59g (10.37%), Vitamin B12: 0.58µg (9.64%), Copper: 0.15mg (7.35%), Vitamin K: 5.8µg (5.52%), Calcium: 28.28mg (2.83%), Vitamin D: 0.23µg (1.51%)