



Pork Kabobs

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



10 min.

SERVINGS



6

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon curry powder red yellow
- 0.3 cup juice of lime fresh
- 2 tablespoons olive oil
- 3 lb pork loin trimmed cut into 1-inch pieces
- 0.3 teaspoon pepper dried red crushed
- 8 inch metal skewers
- 8 inch metal skewers

Equipment

- whisk
- grill
- skewers
- wooden skewers

Directions

- Whisk together first 4 ingredients.
- Place pork in a shallow dish or large zip-top plastic freezer bag; pour lime juice mixture over pork. Cover or seal, and chill 1 hour, turning occasionally.
- Soak wooden skewers in water 30 minutes to prevent burning.
- Remove pork from marinade, discarding marinade. Thread 5 pork pieces evenly onto each skewer, leaving a little space between pieces.
- Grill pork, covered with grill lid, over medium-high heat (350 to 400°F)
- to 9 minutes or until done, turning once.

Nutrition Facts

PROTEIN 61.06% **FAT 37.64%** **CARBS 1.3%**

Properties

Glycemic Index:0.83, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:22.965652245542%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 344.46kcal (17.22%), Fat: 13.94g (21.45%), Saturated Fat: 3.48g (21.78%), Carbohydrates: 1.08g (0.36%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.19g (0.21%), Cholesterol: 142.88mg (47.63%), Sodium: 112.97mg (4.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.88g (101.75%), Selenium: 62.91µg (89.87%), Vitamin B6: 1.72mg (86.09%), Vitamin B1: 1.01mg (67.22%), Vitamin B3: 13.06mg (65.32%), Phosphorus: 513.12mg (51.31%), Zinc: 4.11mg (27.38%), Vitamin B2: 0.43mg (25.14%), Potassium: 866.83mg (24.77%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.7mg (17.03%), Magnesium: 60.74mg (15.19%), Iron: 1.37mg (7.63%), Vitamin E: 1.09mg (7.29%), Copper: 0.14mg

(6.89%), Vitamin D: 0.91µg (6.05%), Vitamin C: 3.06mg (3.71%), Vitamin K: 3.29µg (3.13%), Manganese: 0.03mg (1.67%), Calcium: 14.67mg (1.47%)