



Pork-Mango Kebabs with Chili Lime Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.3 cup honey
- ☐ 2 pork tenderloins trimmed cut into 1 1/2-inch pieces
- ☐ 3 tablespoons juice of lime
- ☐ 1 lime zest finely grated
- ☐ 2 mangos firm pitted ripe peeled cut into 1 1/2-inch cubes
- ☐ 2 bell pepper red stemmed seeded cut into 1 1/2-inch squares

- ☐ 8 servings salt and pepper
- ☐ 2 tablespoons soya sauce

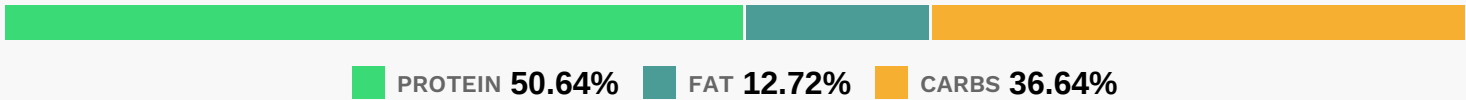
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ grill
- ☐ metal skewers

Directions

- ☐ Combine honey, soy sauce, zest, lime juice, chili powder and crushed red pepper in a pan. Bring to a boil over medium-high heat. Reduce heat to medium and cook, stirring, until slightly thickened, about 5 minutes.
- ☐ Let cool slightly.
- ☐ Preheat a gas grill on high heat for 10 to 15 minutes with lid closed. Thread pork, mango and peppers, alternating, on 8 large metal skewers, leaving some space between pieces.
- ☐ Place on a baking sheet and season generously with salt and pepper.
- ☐ Brush with glaze. (Discard any leftover glaze.)
- ☐ Oil grill.
- ☐ Place kebabs on grill, reduce heat to medium-high, close lid and grill for 6 minutes. Turn kebabs and grill until peppers are lightly charred and pork is cooked through, about 6 minutes longer.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:8.75, Inflammation Score:-8, Nutrition Score:23.810434543568%

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: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 4.11mg, Hesperetin: 4.11mg, Hesperetin: 4.11mg, Hesperetin: 4.11mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg 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: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 216.01kcal (10.8%), Fat: 3.1g (4.77%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 18.18g (6.61%), Sugar: 17.38g (19.31%), Cholesterol: 81.9mg (27.3%), Sodium: 520.5mg (22.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.75g (55.51%), Vitamin B1: 1.3mg (86.37%), Vitamin C: 61.1mg (74.06%), Vitamin B6: 1.15mg (57.62%), Selenium: 39.39µg (56.26%), Vitamin B3: 9.32mg (46.59%), Phosphorus: 335.89mg (33.59%), Vitamin A: 1609.59IU (32.19%), Vitamin B2: 0.49mg (28.99%), Potassium: 689.98mg (19.71%), Zinc: 2.58mg (17.17%), Vitamin B5: 1.31mg (13.15%), Magnesium: 46.29mg (11.57%), Vitamin B12: 0.64µg (10.71%), Copper: 0.2mg (9.83%), Folate: 38.3µg (9.57%), Iron: 1.72mg (9.55%), Vitamin E: 1.39mg (9.25%), Fiber: 1.9g (7.59%), Manganese: 0.12mg (6.22%), Vitamin K: 4.11µg (3.92%), Calcium: 20.52mg (2.05%), Vitamin D: 0.25µg (1.68%)