



Pork & Peach Kabobs

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup bull's-eye barbecue sauce memphis style
- 2 peaches pitted cut into 6 wedges
- 1.5 lb pork tenderloin cut into 18 pieces
- 1 vidalia onion cut into 6 wedges

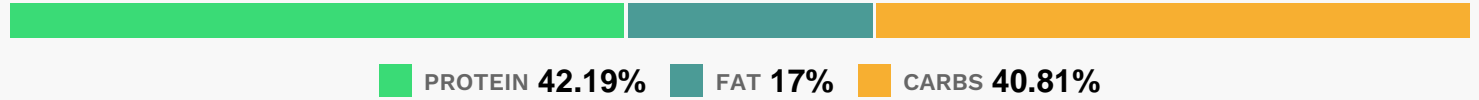
Equipment

- grill
- skewers

Directions

- Heat grill to medium-high heat.
- Cut peach and onion wedges crosswise in half; thread onto 6 skewers alternately with meat.
- Grill 15 min. or until meat is done, turning occasionally and brushing with barbecue sauce for the last 5 min.

Nutrition Facts



Properties

Glycemic Index:6.71, Glycemic Load:1.73, Inflammation Score:-5, Nutrition Score:17.479130247365%

Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg

Nutrients (% of daily need)

Calories: 236.22kcal (11.81%), Fat: 4.41g (6.78%), Saturated Fat: 1.36g (8.53%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 22.23g (8.08%), Sugar: 18.83g (20.93%), Cholesterol: 73.71mg (24.57%), Sodium: 438.11mg (19.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.61g (49.21%), Vitamin B1: 1.16mg (77.09%), Selenium: 36.15µg (51.64%), Vitamin B6: 0.98mg (48.93%), Vitamin B3: 8.19mg (40.93%), Phosphorus: 308.6mg (30.86%), Vitamin B2: 0.43mg (25.22%), Potassium: 655.24mg (18.72%), Zinc: 2.37mg (15.79%), Vitamin B5: 1.14mg (11.38%), Magnesium: 44.23mg (11.06%), Vitamin B12: 0.59µg (9.83%), Copper: 0.2mg (9.83%), Iron: 1.64mg (9.12%), Manganese: 0.13mg (6.67%), Fiber: 1.57g (6.27%), Vitamin E: 0.91mg (6.08%), Vitamin C: 4.91mg (5.95%), Vitamin A: 245.9IU (4.92%), Folate: 16.4µg (4.1%), Calcium: 31.63mg (3.16%), Vitamin D: 0.34µg (2.27%), Vitamin K: 2.31µg (2.2%)