



Pork & peach kebabs with Little Gem salad



Gluten Free



Dairy Free



Very Healthy

READY IN



612 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g pork tenderloins lean trimmed
- ☐ 2 peaches
- ☐ 1 optional: lemon
- ☐ 2 tbsp clear honey
- ☐ 2 little gem lettuces
- ☐ 100 g watercress
- ☐ 2 tbsp olive oil
- ☐ 1 tsp dijon mustard

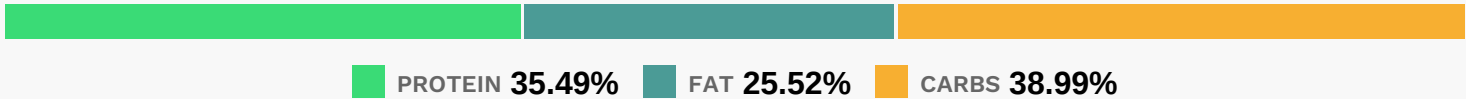
Equipment

- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak eight wooden skewers in cold water for at least 5 mins.
- ☐ Cut the pork into large cubes. Halve and stone the peaches, then cut into chunks. Grate the zest from half the lemon and squeeze out the juice. Reserve 1 tbsp of the juice, then mix the remainder with the zest and honey. Alternately thread the pork and peach slices onto the skewers.
- ☐ Brush all over with the honey and lemon mix, then grill or barbecue for 10–12 mins, turning regularly, until cooked.
- ☐ Separate the lettuce leaves and mix with the watercress.
- ☐ Whisk the reserved lemon juice with the olive oil, mustard and a little seasoning. Toss with the salad leaves and serve with the kebabs.

Nutrition Facts



Properties

Glycemic Index:53.51, Glycemic Load:11.7, Inflammation Score:-10, Nutrition Score:45.650434779084%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg

Nutrients (% of daily need)

Calories: 363.53kcal (18.18%), Fat: 11.08g (17.05%), Saturated Fat: 2.12g (13.27%), Carbohydrates: 38.11g (12.7%), Net Carbohydrates: 29.8g (10.84%), Sugar: 28.12g (31.24%), Cholesterol: 81.25mg (27.08%), Sodium: 112.43mg (4.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.68g (69.36%), Vitamin C: 124.5mg (150.91%), Vitamin B6: 2.28mg (114.11%), Vitamin B1: 1.57mg (104.87%), Vitamin K: 85.98µg (81.88%), Vitamin B2: 1.3mg (76.2%), Potassium: 2201.65mg (62.9%), Selenium: 42.05µg (60.07%), Vitamin B3: 11.82mg (59.08%), Manganese: 1.14mg (56.93%), Phosphorus: 561.61mg (56.16%), Vitamin A: 2182.08IU (43.64%), Folate: 174.3µg (43.58%), Magnesium: 144.27mg (36.07%), Fiber: 8.31g (33.25%), Zinc: 4.25mg (28.35%), Copper: 0.49mg (24.69%), Vitamin B5: 2.19mg (21.9%), Iron: 3.78mg (20.99%), Vitamin E: 2.81mg (18.7%), Calcium: 132.73mg (13.27%), Vitamin B12: 0.64µg (10.63%), Vitamin D: 0.25µg (1.67%)