



Pork Tenderloin Kebabs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon five-spice powder
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons ginger fresh grated peeled
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 cup honey
- ☐ 2 pounds pork tenderloin trimmed cut into 32 pieces
- ☐ 0.3 cup juice of lime fresh (2 limes)
- ☐ 0.8 cup soya sauce low-sodium

- ☐ 1 tablespoon olive oil
- ☐ 1 inch pineapple fresh (1 medium)
- ☐ 0.3 cup pineapple juice
- ☐ 1 inch onion red (1 small)

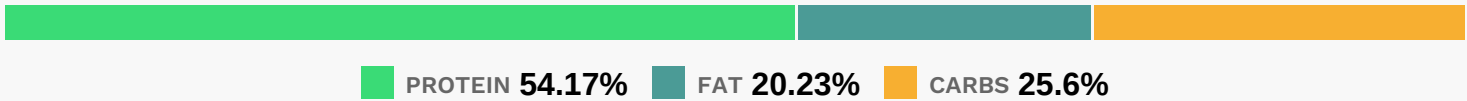
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Combine first 9 ingredients in a large zip-top plastic bag; add pork. Seal bag and marinate in refrigerator 1 hour, turning occasionally.
- ☐ Prepare grill.
- ☐ Remove pork from bag, reserving 1/2 cup marinade. Thread 4 pork pieces, 4 pineapple cubes, and 2 onion pieces alternately onto each of 8 (12-inch) skewers.
- ☐ Place kebabs on grill rack coated with cooking spray; grill 10 minutes or until done, turning and basting occasionally with reserved marinade.

Nutrition Facts



Properties

Glycemic Index:33.24, Glycemic Load:5.13, Inflammation Score:-3, Nutrition Score:16.596521827838%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 193.89kcal (9.69%), Fat: 4.33g (6.67%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 12.01g (4.37%), Sugar: 9.76g (10.84%), Cholesterol: 73.71mg (24.57%), Sodium: 921.84mg (40.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.12g (52.24%), Vitamin B1: 1.15mg (76.68%), Selenium: 35.28µg (50.39%), Vitamin B6: 0.95mg (47.27%), Vitamin B3: 7.91mg (39.56%), Phosphorus: 324.31mg (32.43%), Vitamin B2: 0.45mg (26.7%), Potassium: 573.3mg (16.38%), Zinc: 2.39mg (15.94%), Magnesium: 50.06mg (12.52%), Vitamin B5: 1.07mg (10.67%), Manganese: 0.2mg (10.15%), Vitamin B12: 0.58µg (9.64%), Iron: 1.6mg (8.88%), Copper: 0.13mg (6.66%), Vitamin C: 3.56mg (4.32%), Vitamin E: 0.62mg (4.15%), Folate: 13.13µg (3.28%), Calcium: 18.56mg (1.86%), Vitamin D: 0.23µg (1.51%), Fiber: 0.34g (1.34%), Vitamin K: 1.34µg (1.28%)