



Souvlaki



Gluten Free



Dairy Free



Popular

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READY IN

ready

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165 min.

SERVINGS

servings

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12

CALORIES

calories

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238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cloves garlic crushed
- ☐ 2 bell peppers green cut into 1 inch pieces
- ☐ 1 juice of lemon juiced
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 4 pounds pork tenderloin cut into 1 inch cubes
- ☐ 0.3 cup soya sauce
- ☐ 2 medium onions yellow cut into 1 inch pieces

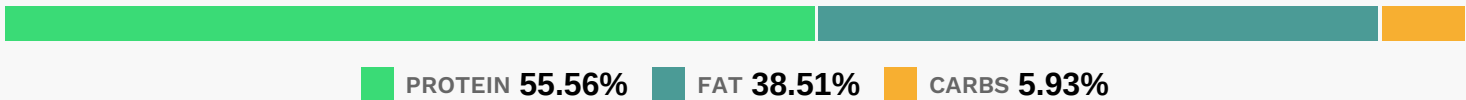
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ In a large glass bowl, mix together lemon juice, olive oil, soy sauce, oregano, and garlic; add pork, onions, and green peppers, and stir to coat. Cover, and refrigerate for 2 to 3 hours.
- ☐ Preheat grill for medium-high heat. Thread pork, peppers, and onions onto skewers.
- ☐ Lightly oil grate. Cook for 10 to 15 minutes, or to desired doneness, turning skewers frequently for even cooking.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:0.54, Inflammation Score:-5, Nutrition Score:21.587391474973%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 237.53kcal (11.88%), Fat: 9.91g (15.25%), Saturated Fat: 2.43g (15.19%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 2.66g (0.97%), Sugar: 1.41g (1.57%), Cholesterol: 98.28mg (32.76%), Sodium: 350.23mg (15.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.17g (64.35%), Vitamin B1: 1.51mg (100.65%), Selenium: 46.06µg (65.8%), Vitamin B6: 1.24mg (62.25%), Vitamin B3: 10.32mg (51.58%), Phosphorus: 384.57mg (38.46%), Vitamin B2: 0.53mg (31.15%), Vitamin C: 18.51mg (22.43%), Zinc: 2.92mg (19.46%), Potassium: 673.66mg (19.25%), Vitamin B5: 1.34mg (13.35%), Vitamin B12: 0.79µg (13.1%), Magnesium: 47.36mg (11.84%), Iron: 1.79mg (9.94%),

Copper: 0.17mg (8.25%), Vitamin E: 1.09mg (7.28%), Manganese: 0.11mg (5.71%), Vitamin K: 5.3µg (5.05%), Fiber: 0.78g (3.13%), Vitamin D: 0.45µg (3.02%), Calcium: 20.45mg (2.05%), Folate: 7.25µg (1.81%), Vitamin A: 79.83IU (1.6%)