



Spiced Pork-and-Red Pepper Skewers with Meteoric Mango Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



94 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon basil fresh finely chopped
- ☐ 1 small garlic clove minced
- ☐ 1 tablespoon green onion tops chopped
- ☐ 1 teaspoon jalapeno finely chopped
- ☐ 1 teaspoon juice of lime fresh
- ☐ 1 cup mangos ripe cubed peeled
- ☐ 2 teaspoons old bay seasoning

- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons orange juice fresh
- ☐ 1 pound pork tenderloin
- ☐ 0.8 inch bell pepper red (1 large)
- ☐ 0.3 teaspoon salt

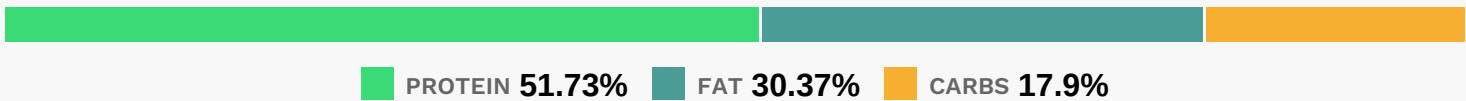
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Place first 5 ingredients in a food processor or blender; process until smooth. Spoon into a bowl; stir in onions, basil, and jalapeo. Cover and chill.
- ☐ Preheat oven to 45
- ☐ Trim fat from pork; cut into 32 (3/4-inch) cubes.
- ☐ Place pork and bell pepper in a medium bowl.
- ☐ Drizzle with oil, and sprinkle with seasoning, tossing well to coat. Thread 1 bell pepper piece and 1 pork cube onto each of 32 (6-inch) skewers.
- ☐ Place kebabs on a broiler pan coated with cooking spray; bake at 450 for 10 minutes or until pork is done.
- ☐ Serve kebabs with mango sauce.

Nutrition Facts



Properties

Glycemic Index:37.47, Glycemic Load:1.71, Inflammation Score:-3, Nutrition Score:9.2408696931341%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 93.96kcal (4.7%), Fat: 3.13g (4.82%), Saturated Fat: 0.85g (5.28%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 3.71g (1.35%), Sugar: 3.27g (3.63%), Cholesterol: 36.85mg (12.28%), Sodium: 102.79mg (4.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.01g (24.02%), Vitamin B1: 0.57mg (37.97%), Selenium: 17.41µg (24.87%), Vitamin B6: 0.48mg (23.78%), Vitamin B3: 3.94mg (19.69%), Phosphorus: 143.55mg (14.35%), Vitamin C: 11.23mg (13.61%), Vitamin B2: 0.2mg (11.95%), Potassium: 276.52mg (7.9%), Vitamin K: 8.23µg (7.84%), Zinc: 1.11mg (7.39%), Vitamin A: 281.16IU (5.62%), Vitamin B5: 0.53mg (5.3%), Vitamin B12: 0.29µg (4.91%), Magnesium: 19.54mg (4.88%), Iron: 0.8mg (4.46%), Copper: 0.08mg (4.14%), Manganese: 0.07mg (3.37%), Vitamin E: 0.5mg (3.31%), Folate: 11.84µg (2.96%), Fiber: 0.45g (1.81%), Calcium: 13.01mg (1.3%), Vitamin D: 0.17µg (1.13%)