



Sweet and Sour Pork Kabobs with Fried Rice

READY IN



75 min.

SERVINGS



4

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 cup pineapple canned crushed drained
- ☐ 0.3 cup cut corn kernels frozen thawed
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 1 garlic clove minced
- ☐ 0.5 bell pepper green cut into quarters
- ☐ 0.3 cup sauce sweet sour
- ☐ 6.3 ounces fried rice
- ☐ 0.3 cup peas-carrots mix shopping list frozen thawed

- ☐ 8 ounce pineapple chunks drained canned
- ☐ 0.3 cup pineapple juice from pineapple canned
- ☐ 1 pound pork tenderloin
- ☐ 0.5 bell pepper red cut into quarters
- ☐ 2 tablespoons soya sauce
- ☐ 2 cups water
- ☐ 40 inch wooden skewers for 10 minutes to keep from burning
- ☐ 40 inch wooden skewers for 10 minutes to keep from burning

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ broiler
- ☐ skewers

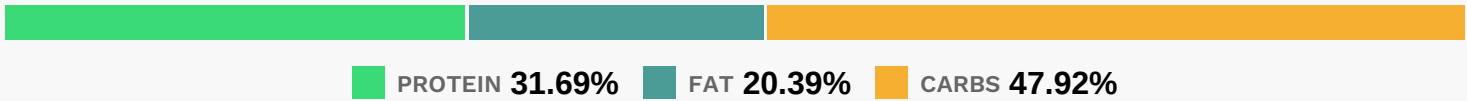
Directions

- ☐ In a small bowl, mix first 5 ingredients together to make a marinade. Set marinade aside. In a medium bowl, place vegetables and pineapple.
- ☐ Place pork in a different medium bowl. Distribute marinade evenly between the 2 bowls and toss pork to coat. Refrigerate at least 15 minutes, or up to 8 hours.
- ☐ Preheat the broiler.
- ☐ Thread the pork, vegetables, and pineapple alternately on 4 skewers.
- ☐ Place skewers in a broiling pan and broil until pork is cooked through and beginning to brown, turning skewers halfway through cooking, about 5 minutes per side.
- ☐ Open fried rice package and reserve seasonings.
- ☐ Combine rice and butter in a heavy large skillet and saute over medium heat until rice is golden brown, about 2 minutes. Gradually add 2 cups water, soy sauce, and seasonings from fried rice package. Bring to a boil. Cover skillet and reduce heat to low. Simmer until rice is tender, about 15 minutes.

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Remove skillet from heat and sprinkle pineapple, peas, carrots, and corn over rice mixture. Cover and let stand for 5 minutes. Fluff rice with a fork and mix in pineapple, peas, carrots, and corn.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:1.24, Inflammation Score:-9, Nutrition Score:23.240869573925%

Flavonoids

Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 349.58kcal (17.48%), Fat: 7.95g (12.23%), Saturated Fat: 3.38g (21.12%), Carbohydrates: 42.04g (14.01%), Net Carbohydrates: 38.92g (14.15%), Sugar: 20.65g (22.94%), Cholesterol: 81.23mg (27.08%), Sodium: 1064.87mg (46.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.8g (55.6%), Vitamin B1: 1.29mg (86.11%), Vitamin B6: 1.07mg (53.37%), Vitamin C: 42.74mg (51.8%), Selenium: 35.15µg (50.22%), Vitamin A: 2298.6IU (45.97%), Vitamin B3: 9.19mg (45.94%), Phosphorus: 315.19mg (31.52%), Vitamin B2: 0.48mg (28.16%), Potassium: 740mg (21.14%), Zinc: 2.44mg (16.25%), Magnesium: 57.29mg (14.32%), Copper: 0.26mg (13.2%), Fiber: 3.12g (12.5%), Vitamin B5: 1.12mg (11.22%), Iron: 2.02mg (11.22%), Manganese: 0.22mg (11.14%), Vitamin B12: 0.6µg (9.93%), Folate: 27.93µg (6.98%), Vitamin E: 0.65mg (4.35%), Calcium: 43.22mg (4.32%), Vitamin K: 2.74µg (2.61%), Vitamin D: 0.34µg (2.27%)