



Teriyaki Pork and Pineapple

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound pork tenderloin trimmed cut into 24 pieces
- 0.3 cup soya sauce low-sodium
- 0.5 cup mirin sweet (rice wine)
- 1 inch pineapple (12 ounces)
- 1 inch onion red (1 medium)
- 0.5 cup sake (rice wine)

Equipment

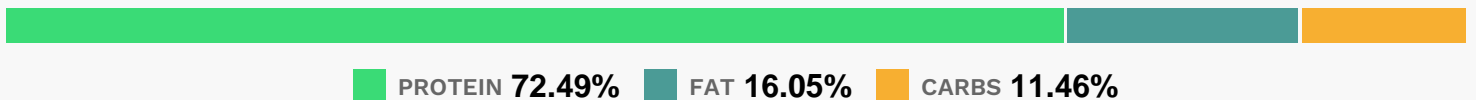
- bowl

- sauce pan
- grill
- skewers
- slotted spoon

Directions

- Combine first 3 ingredients in a small saucepan; bring to a boil over medium-high heat. Cook until reduced to 2/3 cup (about 10 minutes).
- Remove from heat; cool completely.
- Combine cooled marinade and pork in a medium bowl. Cover and marinate in refrigerator 2 hours.
- Prepare grill to medium-high heat.
- Remove pork from bowl with a slotted spoon, reserving marinade.
- Place marinade in a small saucepan; bring to a boil. Reduce heat, and simmer 5 minutes. Cool slightly.
- Thread 2 pork cubes, 2 red onion pieces, and 2 pineapple cubes alternately onto each of 12 (8-inch) skewers. Lightly coat kebabs with cooking spray.
- Place kebabs on a grill rack coated with cooking spray; grill 3 minutes on each side or until done, basting frequently with marinade.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:15.420434964254%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 213.66kcal (10.68%), Fat: 2.51g (3.86%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 4.03g (1.34%), Net Carbohydrates: 3.9g (1.42%), Sugar: 0.17g (0.19%), Cholesterol: 73.71mg (24.57%), Sodium: 635.08mg (27.61%),

Alcohol: 9.66g (100%), Alcohol %: 6.42% (100%), Protein: 25.51g (51.02%), Vitamin B1: 1.14mg (75.93%), Selenium: 35.85µg (51.21%), Vitamin B6: 0.91mg (45.4%), Vitamin B3: 7.77mg (38.83%), Phosphorus: 310.38mg (31.04%), Vitamin B2: 0.43mg (25.09%), Zinc: 2.28mg (15.22%), Potassium: 525.18mg (15.01%), Magnesium: 45.35mg (11.34%), Vitamin B5: 1.01mg (10.12%), Vitamin B12: 0.58µg (9.64%), Iron: 1.39mg (7.72%), Copper: 0.12mg (5.81%), Manganese: 0.09mg (4.56%), Vitamin E: 0.32mg (2.1%), Folate: 7.25µg (1.81%), Vitamin D: 0.23µg (1.51%), Calcium: 13.68mg (1.37%)