



22%
HEALTH SCORE

Teriyaki Pork Kabobs

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup soya sauce
- 0.3 cup water
- 2 tablespoons juice of lemon
- 2 tablespoons vegetable oil
- 2 teaspoons brown sugar
- 2 teaspoons brown sugar
- 2 garlic clove minced
- 0.5 teaspoon ground ginger

- 1 pound pork tenderloin cut into 1-1/4-inch cubes
- 1 medium zucchini cut into 1/2-inch pieces
- 1 large bell pepper sweet red cut into 1-1/2-in. pieces

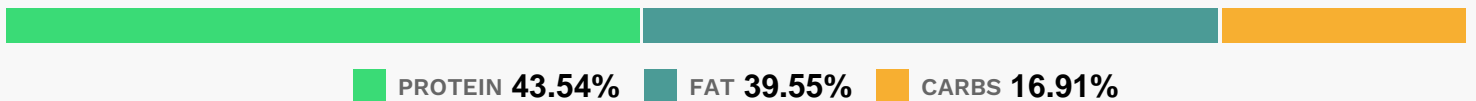
Equipment

- bowl
- grill
- ziploc bags
- wooden skewers

Directions

- In a bowl, combine the first seven ingredients.
- Pour half into a large resealable plastic bag or shallow glass container. Refrigerate the remaining marinade for basting.
- Add pork to bag or container and turn to coat. Cover and refrigerate for 1-4 hours.
- Drain and discard marinade. On four metal or soaked wooden skewers, alternate pork, zucchini and red pepper. Grill, uncovered, over medium-hot heat for 3 minutes on each side. Baste with reserved marinade. Continue basting and turning kabobs for 4-6 minutes or until meat juices run clear.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.02, Inflammation Score:-8, Nutrition Score:24.71913054715%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 252.5kcal (12.63%), Fat: 11.15g (17.15%), Saturated Fat: 2.46g (15.35%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 9.06g (3.29%), Sugar: 7.53g (8.37%), Cholesterol: 73.71mg (24.57%), Sodium: 1686.72mg (73.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.61g (55.22%), Vitamin B1: 1.18mg (78.65%), Vitamin C: 64.62mg (78.33%), Vitamin B6: 1.15mg (57.5%), Selenium: 35.14µg (50.2%), Vitamin B3: 9.31mg (46.55%), Phosphorus: 346.01mg (34.6%), Vitamin B2: 0.51mg (30.02%), Vitamin A: 1384.64IU (27.69%), Potassium: 743.89mg (21.25%), Manganese: 0.41mg (20.25%), Zinc: 2.54mg (16.92%), Vitamin K: 16.65µg (15.86%), Magnesium: 57.83mg (14.46%), Vitamin B5: 1.31mg (13.13%), Iron: 2.26mg (12.55%), Vitamin E: 1.52mg (10.17%), Vitamin B12: 0.59µg (9.83%), Folate: 37.46µg (9.36%), Copper: 0.18mg (9.21%), Fiber: 1.67g (6.69%), Calcium: 30.53mg (3.05%), Vitamin D: 0.34µg (2.27%)