



Tuscan Pork Kebabs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



163 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 garlic clove crushed
- ☐ 1 pound pork tenderloins trimmed cut into 1-inch cubes
- ☐ 1 tablespoon lemon zest grated
- ☐ 4 teaspoons olive oil
- ☐ 1 inch bell pepper red
- ☐ 0.5 teaspoon salt
- ☐ 1 inch bell pepper yellow

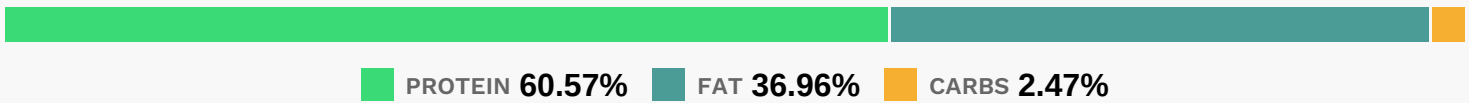
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Combine olive oil, grated lemon rind, salt, pepper, and crushed garlic in a large bowl, stirring well.
- ☐ Add pork; marinate at room temperature 15 minutes, tossing occasionally.
- ☐ Thread pork and bell peppers alternately onto each of 8 (8-inch) skewers.
- ☐ Place skewers on a grill rack coated with cooking spray; grill 10 minutes or until pork is done, turning occasionally.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 tablespoon olive oil to pan, and swirl to coat.
- ☐ Add 8 cups chopped stemmed Swiss chard, 1 tablespoon minced garlic, and 1/8 teaspoon salt; saut for 5 minutes or until chard wilts.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:15.223478354838%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 162.87kcal (8.14%), Fat: 6.48g (9.98%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 0.97g (0.32%), Net Carbohydrates: 0.7g (0.26%), Sugar: 0.1g (0.12%), Cholesterol: 73.71mg (24.57%), Sodium: 351.3mg (15.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.91g (47.83%), Vitamin B1: 1.14mg (75.76%), Selenium: 35.17µg (50.24%), Vitamin B6: 0.91mg (45.3%), Vitamin B3: 7.61mg (38.05%), Phosphorus: 283.28mg (28.33%), Vitamin B2: 0.39mg (23.05%), Zinc: 2.17mg (14.47%), Potassium: 466.98mg (13.34%), Vitamin B5: 0.98mg (9.8%), Vitamin B12: 0.58µg (9.64%), Magnesium: 31.8mg (7.95%), Iron: 1.2mg (6.69%), Vitamin E: 0.84mg (5.62%), Copper: 0.11mg (5.61%), Vitamin C: 4.38mg (5.31%), Manganese: 0.08mg (3.81%), Vitamin K: 2.87µg (2.74%), Vitamin D: 0.23µg (1.51%), Calcium: 11.84mg (1.18%), Fiber: 0.27g (1.09%)