



Beef And Pineapple Satay With Peanut Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 0.3 cup creamy peanut butter reduced-fat
- ☐ 0.5 teaspoon curry powder
- ☐ 1.5 teaspoons sesame oil dark
- ☐ 1 tablespoon cooking sherry dry
- ☐ 12 ounces flank steak lean
- ☐ 1 tablespoon ginger fresh grated
- ☐ 2 garlic cloves crushed

- ☐ 2 tablespoons green onions finely chopped
- ☐ 0.1 teaspoon coarsely ground pepper
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 tablespoons low-salt soy sauce
- ☐ 15.3 ounce pineapple chunks unsweetened undrained canned
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 1.5 teaspoons water

Equipment

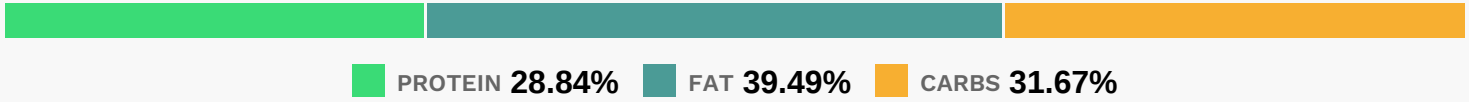
- ☐ frying pan
- ☐ sauce pan
- ☐ ziploc bags
- ☐ skewers
- ☐ grill pan
- ☐ cheesecloth

Directions

- ☐ Trim fat from steak. Thinly slice steak diagonally across grain into 24 slices.
- ☐ Combine onions and next 7 ingredients in a large zip-top plastic bag.
- ☐ Add steak to bag; seal bag. Marinate in refrigerator 8 hours, turning occasionally.
- ☐ Remove steak from bag, discarding marinade.
- ☐ Drain pineapple, reserving 3/4 cup juice and 24 pineapple chunks; reserve remaining pineapple chunks and juice for another use.
- ☐ Combine 3/4 cup juice, peanut butter, and next 4 ingredients in a medium saucepan, stirring well. Using cheesecloth or fingertips, squeeze juice from grated ginger into saucepan; discard pulp. Bring to a boil over medium-high heat; reduce heat, and simmer 1 minute, stirring constantly.
- ☐ Remove from heat; let cool.

- ☐ Thread 1 chunk of pineapple and 1 slice of steak onto each skewer. Coat grill pan or nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add skewers to pan, and cook 1 minute on each side or until desired degree of doneness.
- ☐ Serve with peanut sauce.

Nutrition Facts



Properties

Glycemic Index:30.64, Glycemic Load:1.37, Inflammation Score:-3, Nutrition Score:7.52478254878%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 158.87kcal (7.94%), Fat: 7.11g (10.94%), Saturated Fat: 1.82g (11.35%), Carbohydrates: 12.83g (4.28%), Net Carbohydrates: 11.58g (4.21%), Sugar: 10.15g (11.28%), Cholesterol: 25.51mg (8.5%), Sodium: 275.08mg (11.96%), Alcohol: 0.19g (100%), Alcohol %: 0.21% (100%), Protein: 11.68g (23.36%), Vitamin B3: 3.95mg (19.74%), Selenium: 13.28µg (18.97%), Vitamin B6: 0.35mg (17.74%), Zinc: 1.95mg (12.97%), Phosphorus: 126.6mg (12.66%), Magnesium: 35.34mg (8.83%), Manganese: 0.17mg (8.47%), Potassium: 286.71mg (8.19%), Vitamin C: 5.68mg (6.88%), Vitamin B1: 0.1mg (6.77%), Copper: 0.13mg (6.61%), Vitamin B12: 0.39µg (6.45%), Vitamin E: 0.94mg (6.29%), Iron: 1.09mg (6.06%), Vitamin B2: 0.09mg (5.23%), Fiber: 1.25g (5%), Folate: 18.25µg (4.56%), Vitamin K: 4.34µg (4.14%), Vitamin B5: 0.37mg (3.75%), Calcium: 26.35mg (2.63%), Vitamin A: 56.45IU (1.13%)