



Beef Satay with Thai Coconut-Peanut Sauce

 Dairy Free

READY IN



10 min.

SERVINGS



100

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound flank steak
- 2 teaspoons ground coriander
- 2 teaspoons turmeric
- 2 tablespoons honey
- 100 servings satay sauce
- 0.5 cup soya sauce
- 12 inch frangelico
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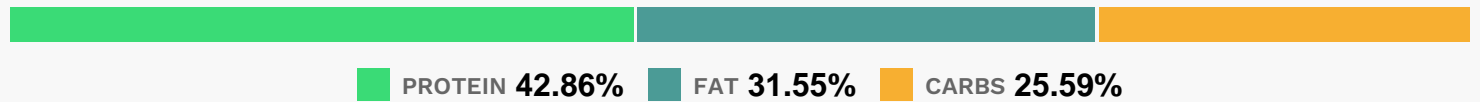
Equipment

- baking pan
- roasting pan
- grill
- skewers

Directions

- Cut beef across the grain into 12 (1- to 1 1/2-inch) strips, about 1/4-inch thick. Weave strips onto skewers, and place in a 13- x 9-inch baking dish or shallow roasting pan.
- Combine soy sauce, honey, coriander, and turmeric, if desired; brush on both sides of skewers. Cover, and marinate in refrigerator 1 to 4 hours.
- Preheat grill to high heat (400 to 450).
- Remove skewers from marinade, discarding marinade. Grill 2 to 3 minutes on each side.
- Serve with Thai Coconut-Peanut Sauce.

Nutrition Facts



Properties

Glycemic Index:0.72, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:0.53695652285672%

Nutrients (% of daily need)

Calories: 11.09kcal (0.55%), Fat: 0.38g (0.58%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 0.69g (0.23%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.54g (0.6%), Cholesterol: 2.72mg (0.91%), Sodium: 81.37mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Selenium: 1.36µg (1.95%), Vitamin B3: 0.33mg (1.66%), Vitamin B6: 0.03mg (1.53%), Zinc: 0.18mg (1.22%), Phosphorus: 10.96mg (1.1%)