Chicken-Pork Satay

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	24	132 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- [ ] 0.5 cup cream of coconut
- [ ] 2 cloves garlic crushed
- [ ] 3 cloves garlic crushed
- [ ] 0.3 teaspoon ground coriander
- [ ] 0.1 teaspoon ground pepper red
- [ ] 0.3 teaspoon ground pepper red
- [ ] 3 tablespoons juice of lime
- [ ] 0.7 cup chunky peanut butter

- [ ] 1 pound center-cut loin pork chops boneless lean cut into 1/4-inch-wide strips
- [ ] 1 large bell pepper sweet red seeded
- [ ] 2 tablespoons rice wine vinegar
- [ ] 16 ounce skinned cut into 1/4-inch-wide strips
- [ ] 0.3 cup teriyaki sauce
- [ ] 1 tablespoon teriyaki sauce
- [ ] 1 tablespoon vegetable oil
- [ ] 0.7 cup water

Equipment

- [ ] oven
- [ ] blender
- [ ] ziploc bags
- [ ] skewers
- [ ] broiler pan

Directions

- [ ] Place chicken and pork in a heavy-duty, zip-top plastic bag.
- [ ] Combine cream of coconut and next 6 ingredients; pour over meat. Seal bag, and marinate meat in refrigerator 4 hours, turning bag occasionally. Soak 24 (6-inch) bamboo skewers in water 30 minutes; set aside.
- [ ] Combine peanut butter and next 5 ingredients in container of an electric blender; cover and process until smooth. Set aside.
- [ ] Drain meat; discard marinade. Thread chicken and pork evenly onto skewers.
- [ ] Cut sweet red pepper into 12 (1 1/2-inch) squares.
- [ ] Cut each square diagonally in half, forming 24 triangles.
- [ ] Place 1 triangle on the end of each skewer.
- [ ] Place half of skewers on rack of a lightly-greased broiler pan. Broil 5 1/2 inches from heat (with electric oven door partially opened) 4 minutes on each side or until chicken and pork are done.

- [ ] Transfer to a serving platter. Repeat procedure with remaining skewers.
- [ ] Serve satay warm with peanut sauce.

Nutrition Facts

PROTEIN **30.15%** FAT **47.91%** CARBS **21.94%**

Properties

Glycemic Index:9.17, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:6.5626086851825%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 132.25kcal (6.61%), Fat: 7.09g (10.91%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 6.57g (2.39%), Sugar: 5.72g (6.36%), Cholesterol: 24.76mg (8.25%), Sodium: 209.24mg (9.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.04g (20.08%), Vitamin B3: 4.56mg (22.79%), Selenium: 12.75µg (18.22%), Vitamin B6: 0.34mg (17.17%), Vitamin C: 9.76mg (11.83%), Phosphorus: 115.7mg (11.57%), Vitamin B1: 0.15mg (10.32%), Manganese: 0.13mg (6.47%), Magnesium: 25.55mg (6.39%), Potassium: 209.32mg (5.98%), Vitamin E: 0.88mg (5.88%), Vitamin B5: 0.52mg (5.18%), Vitamin A: 234.37IU (4.69%), Vitamin B2: 0.08mg (4.55%), Zinc: 0.62mg (4.11%), Fiber: 0.73g (2.94%), Copper: 0.05mg (2.73%), Folate: 10.6µg (2.65%), Vitamin B12: 0.14µg (2.3%), Iron: 0.4mg (2.22%), Vitamin K: 1.48µg (1.41%)