



WHATSheATE



Coconut-Marinated Pork with Rice (Bai Sach Chrouk)



Gluten Free



Dairy Free

READY IN



1496 min.

SERVINGS



4

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon five spice powder
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound pork shoulder boneless 1-inch-thick trimmed (Boston butt)
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 1 small carrots cut into 1/8-inch-thick slices (1/2 cup)
- ☐ 2 cups rice white hot cooked
- ☐ 2 ounces daikon radish cut into 1/8-inch-thick slices

- ☐ 1 inch ginger fresh peeled cut into 1/8-inch-thick slices
- ☐ 3 garlic clove crushed
- ☐ 1 cup spring onion divided chopped
- ☐ 1 tablespoon hoisin sauce
- ☐ 1 tablespoon honey
- ☐ 0.3 cup lite coconut milk light
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 cups beef broth fat-free
- ☐ 3 tablespoons soy sauce
- ☐ 2 small cucumber cut into 1/4-inch-thick slices
- ☐ 0.5 cup rice vinegar
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 cup water

Equipment

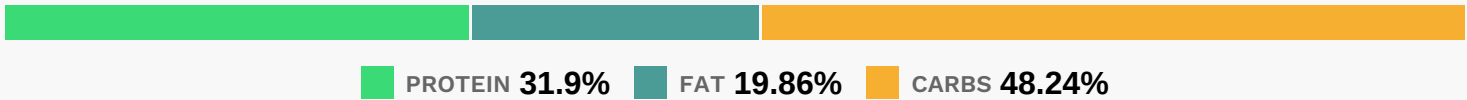
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Combine first 4 ingredients in a shallow baking dish.
- ☐ Combine 1 cup water, sugar, and salt in a saucepan; bring to boil over high heat, and cook until sugar and salt dissolve, stirring occasionally.
- ☐ Remove from heat; stir in vinegar.

- ☐ Pour vinegar mixture over vegetables to cover; stir well. Cover and chill at least 24 hours or up to 48 hours, keeping vegetables submerged and stirring occasionally.
- ☐ Combine coconut milk and next 7 ingredients (through garlic) in a large zip-top plastic bag.
- ☐ Add pork slices, massaging to coat; seal and marinate in refrigerator 8 hours or overnight.
- ☐ Preheat grill to high heat.
- ☐ Remove pork from bag, reserving marinade.
- ☐ Place pork slices on grill rack; grill 10 to 12 minutes on each side or until a thermometer registers 160 (slightly pink), basting occasionally with reserved marinade.
- ☐ Let stand 5 minutes.
- ☐ Heat a small skillet over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add 3/4 cup onion; saut 1 minute.
- ☐ Remove from heat.
- ☐ Heat broth in small saucepan over medium heat.
- ☐ Pour broth into small dipping bowls; sprinkle evenly with remaining 1/4 cup onion.
- ☐ Cut pork steaks into thin slices.
- ☐ Serve pork over rice; drizzle with onion-oil mixture.
- ☐ Serve with pickles and broth.

Nutrition Facts



Properties

Glycemic Index:122.3, Glycemic Load:36.24, Inflammation Score:-9, Nutrition Score:26.328695857007%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

2.75mg

Nutrients (% of daily need)

Calories: 413.88kcal (20.69%), Fat: 8.95g (13.77%), Saturated Fat: 2.77g (17.29%), Carbohydrates: 48.92g (16.31%), Net Carbohydrates: 46.41g (16.88%), Sugar: 20.73g (23.03%), Cholesterol: 68.16mg (22.72%), Sodium: 1392.51mg (60.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.34g (64.68%), Vitamin B3: 11.76mg (58.79%), Vitamin K: 59.44µg (56.61%), Vitamin B1: 0.81mg (53.95%), Selenium: 36.3µg (51.86%), Vitamin B6: 1.03mg (51.51%), Vitamin A: 2398.94IU (47.98%), Vitamin B2: 0.63mg (37.33%), Phosphorus: 357.01mg (35.7%), Manganese: 0.66mg (33.21%), Potassium: 1025.19mg (29.29%), Zinc: 3.08mg (20.51%), Vitamin B5: 1.76mg (17.56%), Magnesium: 70.16mg (17.54%), Vitamin B12: 0.99µg (16.44%), Vitamin C: 13.15mg (15.93%), Copper: 0.28mg (14.15%), Iron: 2.3mg (12.78%), Folate: 42.79µg (10.7%), Fiber: 2.5g (10.02%), Calcium: 70.88mg (7.09%), Vitamin E: 0.99mg (6.61%)