



Grilled Pork Chops with Saté Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons asian fish sauce
- ☐ 4 pork chops bone-in thin () (1 1/2 pounds total)
- ☐ 2 teaspoon cider vinegar
- ☐ 0.3 cup well-stirred coconut milk unsweetened canned
- ☐ 1.5 tablespoons red-curry paste (preferably Thai Kitchen)
- ☐ 0.5 cup roasted peanuts unsalted
- ☐ 1 tablespoons shallots chopped
- ☐ 1 teaspoon sugar

☐ 2 tablespoons water

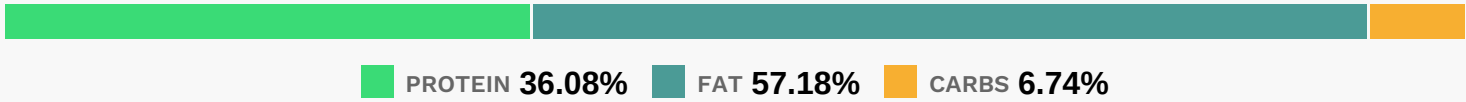
Equipment

- ☐ sauce pan
- ☐ blender
- ☐ grill
- ☐ grill pan

Directions

- ☐ sliced cucumber; chopped peanuts; lime wedges
- ☐ Purée all ingredients except pork in a blender.
- ☐ Transfer to a small heavy saucepan and bring to a simmer, stirring, over medium-low heat. Thin sauce if desired with 1 to 2 Tbsp water.
- ☐ Prepare grill for direct-heat cooking over medium-hot charcoal (medium-high heat for gas).
- ☐ Pat pork dry, then sprinkle all over with 1/2 tsp salt and 1/4 tsp pepper.
- ☐ Oil grill rack, then grill pork, covered only if using a gas grill, turning once, until just cooked through, about 5 minutes total.
- ☐ Serve with sauce.
- ☐ Perfect Steamed Rice or Cumin Herb Rice Pilaf
- ☐ Pork can be grilled in a hot lightly oiled large (2-burner) ridged grill pan over medium-high heat, 5 to 7 minutes.

Nutrition Facts



Properties

Glycemic Index:35.02, Glycemic Load:0.81, Inflammation Score:-4, Nutrition Score:23.433478001019%

Nutrients (% of daily need)

Calories: 454.6kcal (22.73%), Fat: 29.04g (44.68%), Saturated Fat: 10.68g (66.72%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 5.53g (2.01%), Sugar: 2.66g (2.95%), Cholesterol: 116.96mg (38.99%), Sodium: 707.13mg

(30.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.23g (82.45%), Selenium: 60.62µg (86.6%), Vitamin B3: 14.35mg (71.77%), Vitamin B6: 1.28mg (63.98%), Vitamin B1: 0.89mg (59.52%), Phosphorus: 450.17mg (45.02%), Manganese: 0.65mg (32.71%), Potassium: 827.44mg (23.64%), Zinc: 3.53mg (23.56%), Magnesium: 93.69mg (23.42%), Vitamin B2: 0.34mg (20.27%), Vitamin B12: 0.93µg (15.51%), Vitamin B5: 1.5mg (14.99%), Copper: 0.3mg (14.77%), Iron: 1.95mg (10.82%), Fiber: 2.17g (8.7%), Folate: 31.09µg (7.77%), Calcium: 59.09mg (5.91%), Vitamin D: 0.85µg (5.65%), Vitamin C: 1.75mg (2.13%), Vitamin E: 0.25mg (1.66%)