



Grilled Pork Skewers with Chile Sauce



Gluten Free



Dairy Free

READY IN



81 min.

SERVINGS



4

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 3 tablespoons cilantro leaves and stems finely chopped
- ☐ 0.3 cup fish sauce
- ☐ 2 tablespoons garlic finely chopped
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 0.3 cup oyster sauce
- ☐ 1.5 pounds pork tenderloin cut into 16 pieces

- ☐ 1 shallots diced finely
- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons sugar
- ☐ 1 thai chile fresh diced red finely
- ☐ 6 inch wooden skewers cold for 30 minutes
- ☐ 6 inch wooden skewers cold for 30 minutes

Equipment

- ☐ bowl
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Whisk together the soy sauce, oyster sauce, cilantro, garlic, sugar, and black pepper in a bowl.
- ☐ Skewer 2 pieces of pork onto 2 skewers so that the meat lies flat.
- ☐ Place the pork skewers in a large baking dish.
- ☐ Pour the marinade over and turn to coat the pork. Cover and refrigerate for at least 1 hour and up to 4 hours.
- ☐ Heat grill to high.
- ☐ Remove the skewers from the marinade and grill the meat on both sides until slightly charred and cooked through, about 3 minutes per side.
- ☐ Serve with Chili Sauce on the side for dipping.
- ☐ Combine all ingredients in a small bowl. Cover and let sit at room temperature for at least 1 hour before serving.

Nutrition Facts



 PROTEIN **55.88%**  FAT **20.16%**  CARBS **23.96%**

Properties

Glycemic Index:69.8, Glycemic Load:6.31, Inflammation Score:-5, Nutrition Score:25.237826222959%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 278.82kcal (13.94%), Fat: 6.19g (9.52%), Saturated Fat: 2.04g (12.72%), Carbohydrates: 16.54g (5.51%), Net Carbohydrates: 15.8g (5.74%), Sugar: 9.76g (10.84%), Cholesterol: 110.56mg (36.85%), Sodium: 2450.08mg (106.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.58g (77.16%), Vitamin B1: 1.7mg (113.55%), Selenium: 54.36µg (77.66%), Vitamin B6: 1.48mg (74.11%), Vitamin B3: 12.25mg (61.25%), Phosphorus: 465.23mg (46.52%), Vitamin B2: 0.66mg (38.73%), Potassium: 866.94mg (24.77%), Zinc: 3.47mg (23.16%), Magnesium: 90.53mg (22.63%), Vitamin B12: 1.01µg (16.89%), Vitamin B5: 1.6mg (15.99%), Manganese: 0.31mg (15.65%), Vitamin C: 12.81mg (15.53%), Iron: 2.35mg (13.05%), Copper: 0.23mg (11.43%), Folate: 23.11µg (5.78%), Calcium: 43.18mg (4.32%), Vitamin E: 0.53mg (3.53%), Vitamin D: 0.51µg (3.4%), Fiber: 0.74g (2.97%), Vitamin K: 2.16µg (2.05%), Vitamin A: 52.7IU (1.05%)