



# Hot Asian Pork Skewers with Rice Vinegar Slaw

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



**270 min.**

SERVINGS



**8**

CALORIES



**342 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon brown sugar
- 0.3 cup carrots shredded
- 1 teaspoon celery seed
- 1 cup chile paste sweet
- 0.3 cup brown sugar dark
- 1 tablespoon dijon mustard
- 0.5 head cabbage green sliced

- 1 habanero minced (keep the seeds in if you want it super spicy)
- 0.5 cup mayonnaise
- 1.5 pound pork butt cut into 1-inch cubes
- 0.3 head cabbage red sliced
- 1 tablespoon pepper flakes red
- 1 cup rice wine vinegar
- 3 tablespoons salt
- 1 cup teriyaki sauce

## Equipment

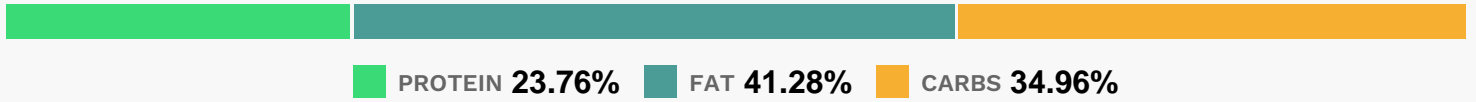
- bowl
- whisk
- grill
- ziploc bags
- skewers
- wooden skewers

## Directions

- Special equipment: 10 wooden skewers, soaked in water for 1 hour
- Place 4 to 5 pieces cubed pork onto each skewer and continue until all the pork has been skewered.
- Place on a sheet tray.
- To make the marinade, mix the teriyaki sauce, sweet chile paste, red pepper flakes, habanero and brown sugar in a bowl until well combined. Take 1/4 cup of the marinade and baste each skewer.
- Put the skewers in a plastic bag and marinate for 2 to 3 hours, or up to overnight. Save the rest of the marinade as a basting sauce for grilling.
- While the pork is marinating, make the rice vinegar slaw. In a non-reactive bowl, mix the green and red cabbage and the carrots.
- Let stand until the colors bleed, about 10 minutes. During that time, make the dressing.

- Whisk together the rice wine vinegar, mayonnaise, mustard, brown sugar, celery seed and salt.
- Pour over the cabbage mixture and refrigerate for 1 hour.
- To serve: After the pork has marinated, heat a grill to medium-high heat. Grill the pork skewers over direct heat for 3 to 4 minutes on each side, painting on the remaining sauce for a nice caramelization.
- Serve the pork skewers on a bed of the rice vinegar slaw and extra sauce for dipping.

## Nutrition Facts



### Properties

Glycemic Index:37.48, Glycemic Load:1.49, Inflammation Score:-8, Nutrition Score:22.280000137246%

### Flavonoids

Cyanidin: 55.01mg, Cyanidin: 55.01mg, Cyanidin: 55.01mg, Cyanidin: 55.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

### Nutrients (% of daily need)

Calories: 341.96kcal (17.1%), Fat: 15.82g (24.34%), Saturated Fat: 3.41g (21.34%), Carbohydrates: 30.15g (10.05%), Net Carbohydrates: 27.38g (9.96%), Sugar: 19.53g (21.7%), Cholesterol: 56.91mg (18.97%), Sodium: 4206.55mg (182.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.48g (40.97%), Vitamin K: 78.16µg (74.44%), Vitamin C: 43.26mg (52.44%), Vitamin B1: 0.58mg (38.62%), Selenium: 26.55µg (37.93%), Vitamin B6: 0.7mg (34.99%), Vitamin A: 1403.33IU (28.07%), Phosphorus: 280.48mg (28.05%), Vitamin B3: 5.17mg (25.87%), Vitamin B2: 0.43mg (25.52%), Zinc: 3.23mg (21.51%), Potassium: 713.52mg (20.39%), Vitamin B5: 1.63mg (16.27%), Iron: 2.84mg (15.79%), Magnesium: 61.31mg (15.33%), Vitamin B12: 0.79µg (13.18%), Manganese: 0.25mg (12.4%), Fiber: 2.76g (11.06%), Copper: 0.21mg (10.56%), Folate: 37.68µg (9.42%), Vitamin E: 1.29mg (8.59%), Calcium: 84.23mg (8.42%), Vitamin D: 0.54µg (3.59%)