



## Indonesian Pork Satay

 Gluten Free

READY IN



400 min.

SERVINGS



4

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup butter melted
- 0.5 cup chicken broth
- 2 teaspoons coriander seed crushed
- 1 tablespoon ginger root fresh chopped
- 2 cloves garlic
- 0.5 cup green onions chopped
- 2 tablespoons honey
- 2 tablespoons juice of lemon

- 1.5 pounds pork tenderloin cut into 1 inch cubes
- 1 teaspoon pepper flakes red
- 1 cup roasted salted spanish
- 0.5 cup soya sauce

## Equipment

- food processor
- sauce pan
- grill
- ziploc bags
- skewers

## Directions

- In a food processor, process garlic, green onions, ginger, peanuts, lemon juice, honey, soy sauce, coriander, and red pepper flakes. Puree until almost smooth.
- Pour in broth and butter, and mix again.
- Place pork cubes in a large resealable plastic bag, and pour mixture over meat. Marinate in the refrigerator for 6 hours, or overnight.
- Preheat grill for medium heat.
- Remove pork cubes from bag, and thread onto skewers. In a small saucepan, boil the marinade for 5 minutes. Reserve a small amount of the marinade for basting, and set the remainder aside to serve as a dipping sauce.
- Lightly oil preheated grill. Grill for 10 to 15 minutes, or until well browned, turning and brushing frequently with cooked marinade.
- Serve with dipping sauce.

## Nutrition Facts



## Properties

Glycemic Index:48.57, Glycemic Load:5.1, Inflammation Score:-7, Nutrition Score:31.64130418197%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

## Nutrients (% of daily need)

Calories: 550.4kcal (27.52%), Fat: 31.82g (48.95%), Saturated Fat: 17.37g (108.58%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 12.19g (4.43%), Sugar: 9.82g (10.91%), Cholesterol: 209.42mg (69.81%), Sodium: 2040.33mg (88.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.45g (104.9%), Vitamin B1: 1.97mg (131.52%), Selenium: 69.31µg (99.02%), Vitamin B6: 1.85mg (92.61%), Vitamin B3: 16.05mg (80.26%), Phosphorus: 606.23mg (60.62%), Vitamin B2: 0.78mg (45.87%), Zinc: 4.58mg (30.56%), Potassium: 1046.65mg (29.9%), Vitamin K: 28.42µg (27.06%), Vitamin B12: 1.24µg (20.67%), Magnesium: 82.1mg (20.52%), Vitamin B5: 2.05mg (20.51%), Vitamin A: 986.54IU (19.73%), Iron: 3.21mg (17.81%), Manganese: 0.27mg (13.6%), Copper: 0.27mg (13.39%), Vitamin E: 1.4mg (9.32%), Vitamin C: 6.07mg (7.36%), Fiber: 1.26g (5.04%), Vitamin D: 0.75µg (4.98%), Calcium: 48.76mg (4.88%), Folate: 16.16µg (4.04%)