



Pork Satay

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



911 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons asian fish sauce (nuoc mam or nam pla)
- 1 tablespoon firmly brown sugar dark packed
- 1.5 teaspoons fresh-ground pepper
- 12 ounces boned fat-trimmed pork butt (shoulder)
- 4 servings thai pummelo salad
- 2 tablespoons shallots minced
- 4 servings vegetable oil

Equipment

- frying pan
- ziploc bags
- skewers
- grill pan
- wooden skewers

Directions

- In a zip-lock plastic bag, mix shallots, fish sauce, brown sugar, and pepper. Rinse pork butt. Rinse pork. Slice into thin strips (1/8 in. thick; if pork is difficult to slice thinly, freeze just until firm, 20 to 30 minutes) and add to bag. Seal bag, turn to coat meat, and chill for 1 hour. Thread pork strips flat onto wooden skewers (cut blunt ends off skewers if necessary to fit in pan). Discard marinade.
- Set a 10- to 12-inch ridged grill pan over high heat. When hot, lightly coat with vegetable oil. Working in batches, lay pork skewers flat in pan (do not crowd). Cook, turning once, until browned on both sides and no longer pink in the center (cut to test), 6 to 8 minutes total.
- Transfer skewers to a platter or small plates and serve with Thai pummelo salad on the side.

Nutrition Facts

■ PROTEIN **0.29%** ■ FAT **97.65%** ■ CARBS **2.06%**

Properties

Glycemic Index:21, Glycemic Load:0.32, Inflammation Score:1, Nutrition Score:3.5147826004287%

Flavonoids

Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg

Nutrients (% of daily need)

Calories: 911.31kcal (45.57%), Fat: 99.08g (152.43%), Saturated Fat: 35.49g (221.79%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 4.33g (1.57%), Sugar: 3.64g (4.04%), Cholesterol: 80.8mg (26.93%), Sodium: 708.1mg (30.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Vitamin K: 27.01µg (25.73%), Vitamin D: 2.13µg (14.17%), Vitamin E: 1.67mg (11.1%), Manganese: 0.13mg (6.67%), Magnesium: 18.41mg (4.6%), Vitamin B6: 0.06mg (2.83%), Potassium: 58.74mg (1.68%), Folate: 6.45µg (1.61%), Selenium: 1.12µg (1.6%), Fiber: 0.36g (1.44%), Vitamin C: 1.05mg (1.28%), Iron: 0.23mg (1.27%), Calcium: 11.57mg (1.16%), Vitamin B3: 0.23mg (1.16%), Copper: 0.02mg (1.04%)