



Pork Satay

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

READY IN



212 min.

SERVINGS



6

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons cilantro leaves
- 1.5 cups coconut milk
- 1 teaspoon cumin
- 1 tablespoon cilantro leaves fresh minced
- 2 cloves garlic finely chopped
- 4 cloves garlic minced
- 1 teaspoon ground coriander
- 2 tablespoons juice of lime

- 2 tablespoons juice of lime fresh
- 0.5 cup onion finely chopped
- 0.3 cup peanut butter
- 1 cup chunky peanut butter
- 1.5 pounds pork tenderloin cut into cubes
- 6 servings salt
- 0.3 cup soya sauce
- 1 thai chile pepper red finely chopped
- 2 thai chile pepper seeded finely chopped
- 1 tablespoon vegetable oil
- 6 servings wooden skewers
- 6 servings wooden skewers

Equipment

- bowl
- frying pan
- grill
- skewers

Directions

- Combine all ingredients in a medium bowl, add pork and let marinate 2 to 4 hours.
- Heat the oil in a skillet and add the onion, garlic and chili.
- Saute for about 4 minutes. Stir in the soy sauce, lime juice, coconut milk, coriander, and cumin. Thoroughly blend the peanut butter into the mixture. Bring the sauce to a simmer over low heat, stirring frequently. Stir in the cilantro and remove from the heat.
- Preheat the grill.
- Remove the pork from the marinade and thread on skewers. Grill for 7 to 8 minutes or until cooked through.
- Serve with the sauce.

Nutrition Facts

PROTEIN 23.97% FAT 64.93% CARBS 11.1%

Properties

Glycemic Index:49.33, Glycemic Load:3.49, Inflammation Score:-7, Nutrition Score:29.725217337194%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 609.3kcal (30.47%), Fat: 45.97g (70.72%), Saturated Fat: 17.82g (111.37%), Carbohydrates: 17.67g (5.89%), Net Carbohydrates: 14.48g (5.27%), Sugar: 6.66g (7.4%), Cholesterol: 73.71mg (24.57%), Sodium: 1032.79mg (44.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.18g (76.36%), Vitamin B1: 1.22mg (81.66%), Vitamin B3: 15.48mg (77.38%), Manganese: 1.38mg (68.88%), Vitamin B6: 1.2mg (60.21%), Phosphorus: 538.25mg (53.82%), Selenium: 37.26µg (53.23%), Magnesium: 156.95mg (39.24%), Vitamin E: 5.39mg (35.9%), Vitamin B2: 0.51mg (30.1%), Potassium: 953.16mg (27.23%), Zinc: 3.95mg (26.31%), Iron: 4.51mg (25.06%), Copper: 0.49mg (24.6%), Vitamin B5: 1.69mg (16.9%), Folate: 60µg (15%), Fiber: 3.19g (12.76%), Vitamin C: 9.27mg (11.24%), Vitamin B12: 0.59µg (9.83%), Calcium: 61.13mg (6.11%), Vitamin K: 5.35µg (5.09%), Vitamin D: 0.34µg (2.27%)