



## Pork Satay Appetizer

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.1 teaspoon pepper black
- 1 tablespoon brown sugar
- 1 tablespoon dijon mustard
- 2 tablespoons less-sodium chicken broth fat-free
- 1 garlic clove minced
- 0.1 teaspoon ground ginger
- 1 pound pork tenderloin trimmed
- 2 tablespoons soya sauce low-sodium

2 tablespoons peanut butter natural-style

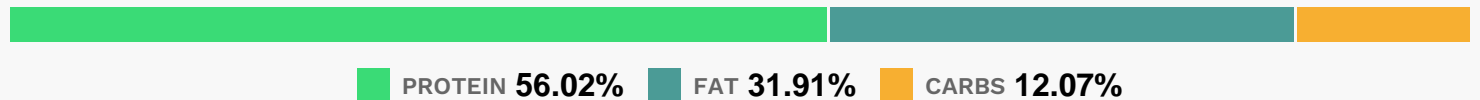
## Equipment

- bowl
- whisk
- grill
- broiler
- skewers
- broiler pan

## Directions

- Cut pork into 24 (6 x 1/2-inch) strips; place in a large bowl.
- Combine peanut butter and next 6 ingredients (peanut butter through garlic) in a small bowl; stir well with a whisk.
- Add 1/4 cup peanut butter mixture to pork; toss well. Cover and marinate in refrigerator 30 minutes. Reserve remaining peanut butter mixture.
- Thread pork onto 24 (6-inch) skewers.
- Preheat grill or broiler.
- Place skewers on grill rack or broiler pan coated with cooking spray; grill or broil 3 minutes on each side or until done.
- Sprinkle with pepper.
- Serve with reserved peanut butter mixture.

## Nutrition Facts



## Properties

Glycemic Index:9, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:5.6186956345387%

## Nutrients (% of daily need)

Calories: 63.8kcal (3.19%), Fat: 2.24g (3.45%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.69g (0.62%), Sugar: 1.29g (1.43%), Cholesterol: 24.57mg (8.19%), Sodium: 151.64mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.7%), Vitamin B1: 0.39mg (25.67%), Selenium: 12.3µg (17.58%), Vitamin B6: 0.31mg (15.74%), Vitamin B3: 2.94mg (14.69%), Phosphorus: 108.94mg (10.89%), Vitamin B2: 0.14mg (8.38%), Zinc: 0.82mg (5.44%), Potassium: 180.74mg (5.16%), Magnesium: 17.41mg (4.35%), Manganese: 0.08mg (3.8%), Vitamin B5: 0.37mg (3.66%), Vitamin B12: 0.2µg (3.3%), Iron: 0.49mg (2.74%), Copper: 0.05mg (2.48%), Vitamin E: 0.34mg (2.28%)