



Pork Satay with Fresh Vegetable Pickles

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon fish sauce (such as nam pla or nuoc nam)
- 1 garlic clove minced
- 2 tablespoons lemon grass minced
- 2 tablespoons oyster sauce
- 6 servings toppings: such as pickles fresh
- 1.5 pound pork tenderloin
- 2 tablespoons sesame seed toasted
- 0.3 cup shallots minced

- 1 teaspoon soya sauce
- 3 tablespoons vegetable oil

Equipment

- bowl
- baking sheet
- knife
- broiler
- skewers
- metal skewers

Directions

- Mix first 8 ingredients in medium bowl. Season sauce to taste with pepper.
- Place 1 pork piece on work surface. Press slightly to flatten. Using sharp knife, cut lengthwise into 1/4-inch-thick slices. Repeat with remaining pork, forming 30 pork scallops (reserve any remaining pork for another use). Thread 5 scallops onto each of six 11-inch-long metal skewers. Arrange skewers on rimmed baking sheet.
- Transfer 1/3 cup sauce to small bowl; reserve.
- Brush remaining sauce over both sides of pork. (Can be made 1 day ahead. Cover pork and reserved sauce separately; chill.)
- Preheat broiler. Broil pork until cooked through, about 2 minutes per side.
- Brush pork with reserved sauce.
- Serve satay with vegetable pickles.
- *Available in the Asian foods section of many supermarkets, at some specialty foods stores, and at Asian markets.
- **Available in the produce section of some supermarkets and at Asian markets; use bottom 2 inches only.

Nutrition Facts

 PROTEIN **42.64%**  FAT **47.9%**  CARBS **9.46%**

Properties

Glycemic Index:18.33, Glycemic Load:0.7, Inflammation Score:-4, Nutrition Score:18.92521713091%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 235.84kcal (11.79%), Fat: 12.45g (19.15%), Saturated Fat: 2.62g (16.38%), Carbohydrates: 5.53g (1.84%), Net Carbohydrates: 4.11g (1.5%), Sugar: 2.01g (2.23%), Cholesterol: 73.71mg (24.57%), Sodium: 1041.38mg (45.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.93g (49.86%), Vitamin B1: 1.18mg (78.45%), Selenium: 36.06µg (51.52%), Vitamin B6: 0.98mg (48.92%), Vitamin B3: 7.93mg (39.66%), Phosphorus: 315.9mg (31.59%), Vitamin B2: 0.44mg (25.99%), Vitamin K: 23.54µg (22.42%), Potassium: 602.89mg (17.23%), Zinc: 2.51mg (16.73%), Magnesium: 54.3mg (13.58%), Manganese: 0.26mg (13.05%), Copper: 0.26mg (12.79%), Iron: 2mg (11.11%), Vitamin B12: 0.63µg (10.48%), Vitamin B5: 1.03mg (10.33%), Calcium: 78.17mg (7.82%), Vitamin E: 0.9mg (5.97%), Fiber: 1.42g (5.69%), Folate: 16.13µg (4.03%), Vitamin C: 2.64mg (3.2%), Vitamin A: 122.49IU (2.45%), Vitamin D: 0.34µg (2.27%)