



Pork Satay with Peanut Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds pork loin boneless lean
- 1 teaspoon oriental chili sauce hot
- 3 tablespoons creamy peanut butter
- 1 tablespoon cilantro leaves fresh chopped
- 1 teaspoon ginger fresh minced peeled
- 1 teaspoon garlic minced
- 1 teaspoon ground turmeric
- 2 tablespoons soya sauce low-sodium

- 1.5 tablespoons mustard prepared
- 0.5 cup onion chopped
- 0.5 cup rice wine vinegar
- 1 teaspoon vegetable oil
- 2 tablespoons water
- 6 tablespoons water

Equipment

- bowl
- whisk
- grill
- ziploc bags
- skewers
- wooden skewers

Directions

- Trim fat from pork; cut pork into 3/4-inch cubes.
- Combine onion and next 7 ingredients in a large heavy-duty zip-top plastic bag.
- Add pork; seal bag, and shake until pork is well coated. Marinate pork in refrigerator 8 hours, turning bag occasionally.
- Soak 8 (10-inch) wooden skewers in water for at least 30 minutes.
- Prepare grill.
- Combine 6 tablespoons water and next 5 ingredients in a small bowl, stirring well with a whisk. Set aside.
- Remove pork from marinade; discard marinade. Thread pork onto skewers.
- Place skewers on grill rack coated with cooking spray; cover and grill 10 to 12 minutes or until pork is done, turning occasionally.
- Serve warm with peanut sauce.
- carbo rating: 2

Nutrition Facts

PROTEIN 55.5% FAT 38.2% CARBS 6.3%

Properties

Glycemic Index:25.63, Glycemic Load:0.41, Inflammation Score:-9, Nutrition Score:13.256086912492%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 203.57kcal (10.18%), Fat: 8.38g (12.89%), Saturated Fat: 2.13g (13.3%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.42g (0.88%), Sugar: 1.22g (1.36%), Cholesterol: 71.44mg (23.81%), Sodium: 266.3mg (11.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.4g (54.79%), Selenium: 32.84µg (46.91%), Vitamin B6: 0.91mg (45.69%), Vitamin B3: 7.41mg (37.07%), Vitamin B1: 0.52mg (34.93%), Phosphorus: 290.38mg (29.04%), Zinc: 2.28mg (15.2%), Potassium: 502.59mg (14.36%), Vitamin B2: 0.24mg (14.07%), Magnesium: 45.81mg (11.45%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.94mg (9.45%), Manganese: 0.17mg (8.64%), Iron: 0.96mg (5.32%), Copper: 0.11mg (5.32%), Vitamin E: 0.79mg (5.27%), Vitamin D: 0.45µg (3.02%), Fiber: 0.69g (2.76%), Folate: 9.24µg (2.31%), Calcium: 16.62mg (1.66%), Vitamin K: 1.36µg (1.3%), Vitamin C: 1.06mg (1.28%)