



Pork Satay with Peanut Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 0.3 cup coconut milk
- ☐ 0.7 cup coarsely ground peanuts
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime
- ☐ 2 tablespoons lower-sodium soy sauce
- ☐ 1 pound pork tenderloin
- ☐ 1 tablespoon curry paste red

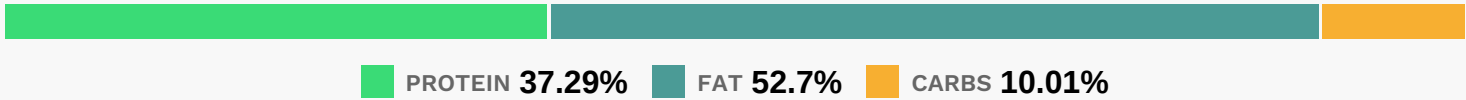
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill
- ☐ skewers
- ☐ meat tenderizer

Directions

- ☐ Slice pork tenderloin crosswise into 16 slices.
- ☐ Place each pork slice between 2 sheets of plastic wrap; pound to 1/4-inch thickness using a meat mallet.
- ☐ Combine 1/4 cup coconut milk and 1 tablespoon red curry paste in a medium bowl.
- ☐ Add pork to bowl; toss. Cover and marinate in refrigerator 1 hour.
- ☐ Combine peanuts, 1/4 cup coconut milk, brown sugar, soy sauce, lime juice, and 1 tablespoon red curry paste. Preheat grill to medium-high.
- ☐ Remove pork from bag; discard marinade. Thread pork evenly onto 8 skewers; sprinkle evenly with kosher salt.
- ☐ Place skewers on a grill rack coated with cooking spray. Grill 3 minutes on each side.
- ☐ Serve with peanut sauce.

Nutrition Facts



Properties

Glycemic Index:27.81, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:22.438695612971%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 323.81kcal (16.19%), Fat: 19.39g (29.82%), Saturated Fat: 5.99g (37.44%), Carbohydrates: 8.29g (2.76%), Net Carbohydrates: 5.76g (2.1%), Sugar: 3.28g (3.64%), Cholesterol: 73.71mg (24.57%), Sodium: 645.82mg (28.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.86g (61.73%), Vitamin B1: 1.29mg (85.67%), Vitamin B3: 11.56mg (57.8%), Selenium: 36.19µg (51.7%), Vitamin B6: 0.97mg (48.58%), Manganese: 0.8mg (40.2%), Phosphorus: 397.46mg (39.75%), Vitamin B2: 0.43mg (25.57%), Magnesium: 88.96mg (22.24%), Potassium: 694.37mg (19.84%), Zinc: 2.78mg (18.56%), Copper: 0.36mg (17.9%), Folate: 64.3µg (16.08%), Iron: 2.75mg (15.28%), Vitamin B5: 1.44mg (14.35%), Vitamin A: 594.77IU (11.9%), Fiber: 2.52g (10.09%), Vitamin B12: 0.59µg (9.83%), Calcium: 45.98mg (4.6%), Vitamin D: 0.34µg (2.27%), Vitamin E: 0.29mg (1.94%), Vitamin C: 1.58mg (1.92%)