



Pork Saté



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound pork loin boneless trimmed
- ☐ 17.6 ounce precooked brown rice
- ☐ 1.5 tablespoons chili sauce hot
- ☐ 3 tablespoons crunchy peanut butter
- ☐ 2 teaspoons sesame oil dark
- ☐ 2 tablespoons dry-roasted peanuts chopped
- ☐ 1 garlic clove minced
- ☐ 3 green onions sliced

- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 cup lite coconut milk
- ☐ 0.5 cup onion chopped
- ☐ 2 tablespoons lite soy sauce
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup water
- ☐ 10 inch wooden skewers (30)
- ☐ 10 inch wooden skewers (30)

Equipment

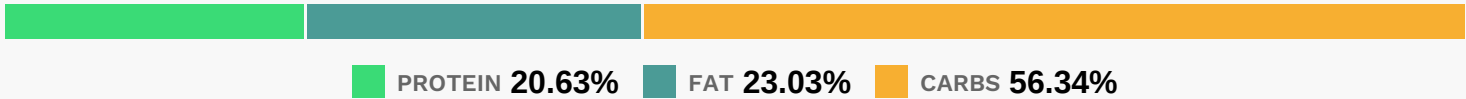
- ☐ sauce pan
- ☐ plastic wrap
- ☐ grill
- ☐ microwave
- ☐ skewers
- ☐ rolling pin
- ☐ meat tenderizer
- ☐ wooden skewers

Directions

- ☐ Place pork between 2 sheets of heavy-duty plastic wrap, and flatten to an 1/8-inch thickness, using a meat mallet or rolling pin; cut into 1-inch-wide strips. Set aside.
- ☐ Saut onion in hot sesame oil in a medium-size saucepan over medium heat 7 to 8 minutes or until onion is tender.
- ☐ Add coconut milk and next 7 ingredients; bring to a boil. Reduce heat to medium low, and simmer, stirring often, 15 minutes or until thickened. Cool 10 minutes. Reserve 1/3 cup coconut milk mixture, and set aside.
- ☐ Combine pork strips and remaining coconut milk mixture in a shallow dish or large zip-top plastic freezer bag. Cover or seal, and chill 1 hour.
- ☐ Soak wooden skewers in water for 30 minutes to prevent burning.

- ☐ Remove pork from marinade, discarding marinade.
- ☐ Thread pork strips onto skewers.
- ☐ Grill, covered with grill lid, over medium heat (300 to 350°F)
- ☐ to 3 minutes on each side or until done.
- ☐ Brush reserved 1/3 cup coconut milk mixture over grilled pork on skewers.
- ☐ Heat rice in microwave according to package directions.
- ☐ Spoon rice onto serving platter; top with pork skewers.
- ☐ Sprinkle with peanuts and green onions.
- ☐ Serve with lime wedges, if desired.
- ☐ Note: For testing purposes only, we used Uncle Ben's Ready Rice Whole Grain Brown.

Nutrition Facts



Properties

Glycemic Index:38.81, Glycemic Load:38.8, Inflammation Score:-6, Nutrition Score:23.539130356001%

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 Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 525.89kcal (26.29%), Fat: 13.44g (20.67%), Saturated Fat: 3.56g (22.25%), Carbohydrates: 73.97g (24.66%), Net Carbohydrates: 69.63g (25.32%), Sugar: 6.15g (6.83%), Cholesterol: 47.63mg (15.88%), Sodium: 495.46mg (21.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.08g (54.15%), Manganese: 3.41mg (170.37%), Vitamin B6: 1.08mg (54.19%), Vitamin B3: 9.88mg (49.4%), Vitamin B1: 0.72mg (47.82%), Phosphorus: 446.07mg (44.61%), Magnesium: 163.42mg (40.85%), Selenium: 22.14µg (31.63%), Zinc: 3.42mg (22.83%), Vitamin B5: 2mg (19.99%), Potassium: 667.58mg (19.07%), Copper: 0.37mg (18.61%), Fiber: 4.34g (17.34%), Iron: 2.44mg (13.57%), Vitamin B2: 0.21mg (12.46%), Vitamin K: 12.96µg (12.34%), Folate: 37.01µg (9.25%), Vitamin C: 5.9mg (7.15%), Vitamin B12: 0.39µg (6.43%), Calcium: 50.24mg (5.02%), Vitamin E: 0.75mg (5.01%), Vitamin D: 0.3µg (2.02%), Vitamin A: 90.67IU (1.81%)