



Saté Mixed Grill With Spicy Peanut Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces beef sirloin lean
- ☐ 8 ounces skinned and boned chicken breasts
- ☐ 4 garlic cloves minced
- ☐ 2 teaspoons ground coriander
- ☐ 2 teaspoons ground turmeric
- ☐ 1 tablespoon honey
- ☐ 0.3 cup juice of lime fresh
- ☐ 40 servings spicy peanut sauce

- ☐ 8 ounces pork loin lean
- ☐ 8 ounces shrimp fresh unpeeled
- ☐ 0.3 cup lite soy sauce
- ☐ 6 inch wooden skewers
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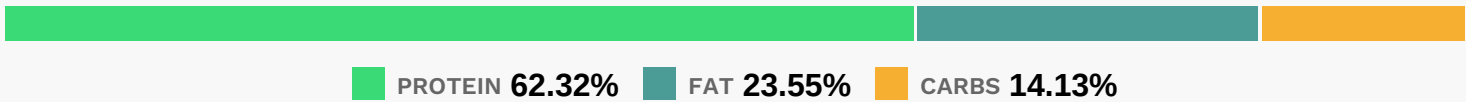
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Cut chicken and pork into 3- x 1/2- inch strips.
- ☐ Cut beef sirloin into thin long strips. Peel shrimp, and devein, if desired.
- ☐ Place chicken, pork, beef, and shrimp in separate bowls.
- ☐ Whisk together soy sauce and next 5 ingredients.
- ☐ Drizzle evenly over bowls of meat and shrimp; toss to coat. Cover and chill 30 minutes. Soak skewers in cold water to prevent burning.
- ☐ Thread chicken, pork, beef, and shrimp evenly onto skewers (10 skewers of each ingredient).
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 40
- ☐ to 3 minutes on each side.
- ☐ Arrange skewers on a platter, and serve with Spicy Peanut Sauce.

Nutrition Facts



Properties

Glycemic Index:2.56, Glycemic Load:0.27, Inflammation Score:-6, Nutrition Score:2.1126086958077%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg 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: 33.54kcal (1.68%), Fat: 0.86g (1.33%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.68g (0.76%), Cholesterol: 19.84mg (6.61%), Sodium: 142.14mg (6.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.28%), Vitamin B3: 1.32mg (6.59%), Selenium: 4.47µg (6.38%), Vitamin B6: 0.12mg (5.89%), Phosphorus: 51.98mg (5.2%), Zinc: 0.52mg (3.49%), Vitamin B12: 0.17µg (2.79%), Potassium: 88.5mg (2.53%), Vitamin B1: 0.03mg (2.25%), Magnesium: 7.72mg (1.93%), Copper: 0.04mg (1.86%), Iron: 0.33mg (1.83%), Vitamin B2: 0.03mg (1.75%), Vitamin B5: 0.17mg (1.71%), Manganese: 0.03mg (1.44%)