



Singapore Pork Satay with Lemon-Curry Rice

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



407 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 servings pepper black freshly ground
- 4 cups rice cooked
- 1 teaspoon curry powder
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 cup golden raisins
- 1 teaspoon ground cumin
- 1 teaspoon lemon zest finely grated
- 0.5 cup chicken broth reduced-sodium

- 0.3 cup pistachios shelled
- 4 pork chops cooked cut into 2-inch pieces
- 1 large onion red cut into wedges
- 4 servings salt
- 0.3 cup sesame seed
- 0.5 cup teriyaki sauce prepared

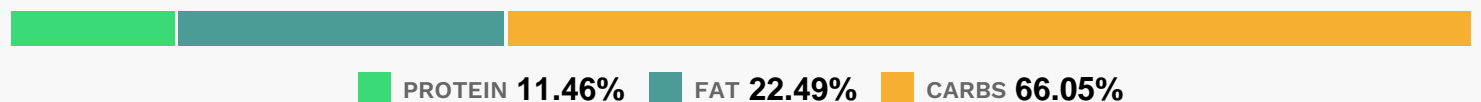
Equipment

- frying pan
- sauce pan
- skewers
- grill pan
- wooden skewers

Directions

- Coat a large griddle or grill pan with cooking spray and preheat to medium-high.
- Skewer alternating pieces of pork and onion on metal or wooden skewers.
- Brush teriyaki sauce all over onion and pork and roll skewers in sesame seeds.
- Place skewers on hot pan and cook 3 to 5 minutes, until seeds are golden brown.
- In a medium saucepan, combine rice, curry powder, cumin, lemon zest, broth, raisins, and nuts. Bring to a simmer. Cook 3 minutes to heat through. Fold in cilantro and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:79.92, Glycemic Load:54.29, Inflammation Score:-5, Nutrition Score:14.723043558714%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 407.31kcal (20.37%), Fat: 10.34g (15.91%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 68.34g (22.78%), Net Carbohydrates: 64.25g (23.37%), Sugar: 14.37g (15.97%), Cholesterol: 0.9mg (0.3%), Sodium: 1588.7mg (69.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.85g (23.71%), Manganese: 1.22mg (61.23%), Copper: 0.74mg (37.13%), Phosphorus: 270.06mg (27.01%), Vitamin B6: 0.52mg (25.94%), Magnesium: 97.11mg (24.28%), Selenium: 16.91µg (24.15%), Iron: 3.54mg (19.69%), Fiber: 4.08g (16.33%), Vitamin B1: 0.23mg (15.37%), Calcium: 149.47mg (14.95%), Potassium: 464.23mg (13.26%), Zinc: 1.97mg (13.11%), Vitamin B3: 2.31mg (11.54%), Vitamin B5: 0.81mg (8.08%), Vitamin B2: 0.13mg (7.78%), Folate: 28.6µg (7.15%), Vitamin C: 3.8mg (4.6%), Vitamin E: 0.48mg (3.19%), Vitamin K: 1.84µg (1.75%), Vitamin A: 69.57IU (1.39%)