



Thai Barbecued Pork



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 sprigs cilantro leaves for garnish
- ☐ 1 tablespoon fish sauce
- ☐ 1 garlic clove
- ☐ 1 ginger fresh
- ☐ 1 stalk lemon grass fresh trimmed cut into chunks
- ☐ 2 tablespoons soy sauce reduced-sodium
- ☐ 0.3 teaspoon pepper
- ☐ 1 pound pork tenderloin cut into 1/2-in. slices

- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon curry paste red
- ☐ 2 tablespoons vegetable oil

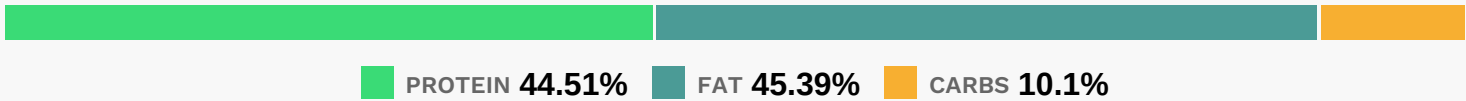
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Heat grill to high (450 to 550). In a food processor, pulse all ingredients except for pork into a paste, adding a bit of water if needed. In a medium bowl, mix pork with paste.
- ☐ Let sit 15 minutes.
- ☐ Grill pork, turning once, until browned, about 6 minutes total.
- ☐ Serve with rice, vegetables, and cilantro leaves.
- ☐ *Find in grocery stores' Asian foods aisle.

Nutrition Facts



Properties

Glycemic Index:44.77, Glycemic Load:2.23, Inflammation Score:-6, Nutrition Score:17.554347919381%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 225.11kcal (11.26%), Fat: 11.16g (17.17%), Saturated Fat: 2.51g (15.66%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 5.26g (1.91%), Sugar: 3.52g (3.91%), Cholesterol: 73.71mg (24.57%), Sodium: 701.69mg (30.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.62g (49.24%), Vitamin B1: 1.12mg (74.86%), Selenium: 34.99µg (49.99%), Vitamin B6: 0.92mg (45.8%), Vitamin B3: 7.77mg (38.85%), Phosphorus: 295.68mg (29.57%), Vitamin B2: 0.41mg (24.35%), Vitamin K: 17.89µg (17.04%), Zinc: 2.3mg (15.34%), Potassium: 534.56mg (15.27%),

Manganese: 0.3mg (14.79%), Vitamin A: 706.88IU (14.14%), Magnesium: 47.85mg (11.96%), Vitamin B12: 0.61µg (10.19%), Vitamin B5: 1mg (10.01%), Iron: 1.71mg (9.52%), Copper: 0.13mg (6.44%), Vitamin E: 0.89mg (5.91%), Folate: 9.9µg (2.47%), Vitamin D: 0.34µg (2.27%), Calcium: 22.16mg (2.22%), Vitamin C: 1.21mg (1.46%), Fiber: 0.32g (1.3%)