

Egg Roll Stir Fry – Perfect for Your Next Chinese Meal

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-beef-and-broccoli-keto-recipe>

Ingredients:

- 1 pound ground pork
- 1/2 onion diced
- 1 bag slaw tri-colored
- 1 head broccoli chopped
- 2 cloves garlic minced
- 1 tablespoon fresh ginger grated
- 1/2 teaspoon black pepper
- 1 tablespoon toasted sesame oil
- 1 tablespoon vegetable oil
- 1/4 cup low sodium soy sauce

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 85 milligrams
4. Fat: 33 grams
5. Fiber: 6 grams
6. Protein: 26 grams
7. SaturatedFat: 10 grams
8. Sodium: 660 milligrams
9. Sugar: 4 grams

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