

Vietnamese pork belly – keto pork belly

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-vietnamese-pork-belly-recipe>

Ingredients:

- pork belly strips cut in smaller bite-sized pieces 400 g/14 oz
- 1 tablespoon coconut oil
- onion cut in slices 70 g/2.5 oz
- mushrooms cut in thick slices 250 g/8.8 oz
- sweetener Low carb, erythritol 1 TBS
- 1 pinch salt
- 1 tablespoon soy sauce
- 3 tablespoons fish sauce
- 1/2 cup water
- freshly ground pepper to taste
- 1 spring onion
- fresh cilantro leaves
- chilies Crushed
- sesame seeds
- sesame oil

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 5 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 4 grams
8. Sodium: 1420 milligrams
9. Sugar: 1 grams

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