

# Konjac Steak

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/konjac-recipe-chinese>

## Ingredients:

- konjac Block-shaped, Ita-konjac 400g
- 3 tablespoons yellow onion
- 2/3 cup yellow bell peppers
- 1 lemon
- 1 clove
- vegetable oil
- butter
- soy sauce
- red wine
- black pepper

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 15 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 1 grams
7. SaturatedFat: 4 grams
8. Sodium: 300 milligrams

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