

# Pork Afritada

Yield: 10 min  
Total Time: 60 min

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

## Ingredients:

- 2 1/4 pounds pork boneless, cut into bite-sized pieces
- 2 tablespoons soy sauce
- 1/2 lemon juiced
- 2 pounds pork liver
- 3 tablespoons olive oil
- 2 potatoes quartered
- 2 tablespoons olive oil
- 1 onion chopped
- 2 cloves garlic minced
- 2 tomatoes large, diced
- 1 green bell pepper cut into chunks
- salt and ground black pepper to taste

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 320 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 42 grams
7. SaturatedFat: 4 grams
8. Sodium: 300 milligrams
9. Sugar: 2 grams

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