

Ginisang Monggo with Chicharon

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/pork-cubes-recipe-mexican>

Ingredients:

- 2 cups mung beans green, monggo;
- 6 cups water
- 1 cup smoked fish flaked, tinapa
- 1 pork cube I used Knorr pork cube
- 2 cloves garlic minced
- 1 onion chopped
- 1 tomato chopped
- 2 tablespoons canola oil
- 2 cups bitter melon or more
- 1 tablespoon fish sauce
- salt to taste
- pork chicharon for garnish, optional

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 20 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 1 grams
8. Sodium: 730 milligrams
9. Sugar: 3 grams

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