

Low Carb Chinese BBQ Pork – Keto Char Siu Pork

Yield: 6 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-pork-neck-recipe>

Ingredients:

- 2 pounds pork neck cut lengthways into 3 evenly sized long strips
- 1/4 cup sweet soy sauce Low Carb
- 2 teaspoons sesame oil
- 1 teaspoon garlic powder
- 1 teaspoon Chinese five-spice powder
- red food colouring optional
- 2 pounds pork butt cut lengthways into 3 even pieces
- 1/4 cup sweet soy sauce Low Carb
- 2 teaspoons sesame oil
- 1 teaspoon garlic powder
- 1 teaspoon Chinese five-spice powder
- red food coloring optional

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 95 milligrams
4. Fat: 20 grams
5. Fiber: 1 grams
6. Protein: 29 grams
7. SaturatedFat: 6 grams
8. Sodium: 1580 milligrams
9. Sugar: 1 grams

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