



Char Siu (Chinese BBQ Pork)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon five spice chinese
- ☐ 1 teaspoon garlic grated (, optional)
- ☐ 1 teaspoon ginger grated (, optional)
- ☐ 4 tablespoons hoisin sauce
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons soya sauce light
- ☐ 2 pound pork butt cut into long slices)
- ☐ 1 teaspoon sesame oil

- ☐ 2 tablespoons soya sauce dark
- ☐ 2 tablespoons xiao hsing wine

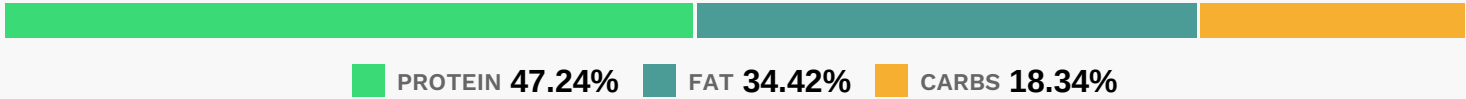
Equipment

- ☐ oven
- ☐ broiler

Directions

- ☐ Mix all of the ingredients, brush half of the mixture over the pork and let marinate, in the fridge, for a few hours to over night.
- ☐ Roast in a preheated 350F oven for 30 minutes.
- ☐ Flip, marinate and roast for another 30 minutes.
- ☐ Turn on the broiler and broil for 5 minutes on each side.
- ☐ Let rest for 10 minutes, slice thinly and serve with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:36.82, Glycemic Load:4.76, Inflammation Score:-3, Nutrition Score:27.396521908596%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 395.56kcal (19.78%), Fat: 14.6g (22.46%), Saturated Fat: 4.77g (29.82%), Carbohydrates: 17.5g (5.83%), Net Carbohydrates: 16.79g (6.11%), Sugar: 13.37g (14.86%), Cholesterol: 136.56mg (45.52%), Sodium: 1413.17mg (61.44%), Alcohol: 0.78g (100%), Alcohol %: 0.35% (100%), Protein: 45.08g (90.16%), Selenium: 64.62µg (92.32%), Vitamin B1: 1.28mg (85.37%), Vitamin B6: 1.25mg (62.37%), Vitamin B2: 0.94mg (55.36%), Vitamin B3: 10.9mg (54.49%), Zinc: 7.82mg (52.12%), Phosphorus: 493.05mg (49.3%), Vitamin B5: 3.65mg (36.52%), Vitamin B12: 2.06µg (34.4%), Potassium: 851.21mg (24.32%), Iron: 3.58mg (19.91%), Magnesium: 63.22mg (15.81%), Copper: 0.29mg (14.42%), Manganese: 0.2mg (10.14%), Vitamin D: 1.36µg (9.07%), Calcium: 46.37mg (4.64%), Vitamin E: 0.61mg (4.03%), Fiber: 0.71g (2.85%), Folate: 7.33µg (1.83%)