



WHATSheATE



Colombian-Style Fried Pork Belly (Chicharrón Colombiano)



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



881 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.5 pounds pork belly with meat, washed and cut into 4 pieces
- ☐ 0.5 teaspoon salt
- ☐ 2 cups water

Equipment

- ☐ sauce pan

Directions

- ☐
- Place the pork belly pieces, skin side down on a work surface and then make 1 ½ inch crosswise cuts on each piece, being careful not to cut through the skin.Rub the pork belly strips with baking soda and place in a medium saucepan.
- ☐
- Add the water and salt. Cook over medium-low heat until the water evaporates.When all the water is evaporated increase the heat to medium and cook the chicharrones for about 15 to 20 minutes or until they are golden and crispy.

Nutrition Facts



PROTEIN 7.26% **FAT 92.74%** **CARBS 0%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:9.8347826094731%

Nutrients (% of daily need)

Calories: 881.1kcal (44.06%), Fat: 90.17g (138.72%), Saturated Fat: 32.88g (205.5%), Carbohydrates: Og (0%), Net Carbohydrates: Og (0%), Sugar: Og (0%), Cholesterol: 122.47mg (40.82%), Sodium: 624.63mg (27.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.89g (31.77%), Vitamin B1: 0.67mg (44.91%), Vitamin B3: 7.9mg (39.52%), Vitamin B2: 0.41mg (24.21%), Vitamin B12: 1.43µg (23.81%), Selenium: 13.61µg (19.44%), Phosphorus: 183.7mg (18.37%), Zinc: 1.75mg (11.65%), Vitamin B6: 0.22mg (11.06%), Potassium: 314.74mg (8.99%), Copper: 0.11mg (5.38%), Iron: 0.89mg (4.93%), Vitamin E: 0.66mg (4.42%), Vitamin B5: 0.44mg (4.35%), Magnesium: 7.99mg (2%), Calcium: 12.23mg (1.22%)