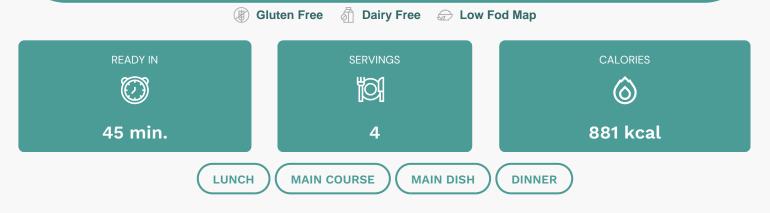


Colombian-Style Fried Pork Belly (Chicharrón Colombiano)



Ingredients

Ш	i 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 1½ 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

Nutrition Facts



Properties

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

20 minutes or until they are golden and crispy.

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 %: O% (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%)