



Crisp Chinese pork



Gluten Free



Dairy Free

READY IN



250 min.

SERVINGS



4

CALORIES



1711 kcal

Ingredients

- ☐ 1.3 kg pork belly for the thin end
- ☐ 2 tsp five spice powder chinese
- ☐ 4 tbsp soya sauce (we used Kikkoman)
- ☐ 1 small knob ginger fresh grated
- ☐ 1 tbsp chilli sauce sweet
- ☐ 1 spring onion finely chopped

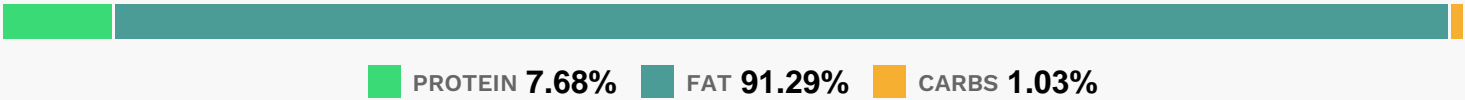
Equipment

- ☐ oven

Directions

- ☐ Rub the pork with the five-spice and 2 tsp sea salt then leave, uncovered, in the fridge for at least 2 hrs, but preferably overnight. When ready to cook, heat oven to its maximum setting.
- ☐ Lay the pork on a rack over a roasting tin, making sure the skin is exposed. Roast for 10 mins before turning down the heat to 180C/fan 160C/gas 4, then leave to cook for a further 1 hrs. Have a look at the pork if the skin isnt crisp, turn up the heat to 220C/fan 200C/gas 7, then cook for another 30 mins until crisp. Leave to rest on a board for at least 10 mins.
- ☐ To make the dipping sauce, mix all the ingredients together with 2 tbsp water.
- ☐ Cut the pork into small pieces, then serve with the sauce, plus boiled rice and steamed greens, if you like.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.22, Inflammation Score:1, Nutrition Score:20.827826121579%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 1710.95kcal (85.55%), Fat: 172.65g (265.62%), Saturated Fat: 62.84g (392.74%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 3.82g (1.39%), Sugar: 2.41g (2.68%), Cholesterol: 234mg (78%), Sodium: 1152.81mg (50.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.69g (65.38%), Vitamin B1: 1.31mg (87.08%), Vitamin B3: 15.89mg (79.46%), Vitamin B2: 0.82mg (48.36%), Vitamin B12: 2.73µg (45.5%), Phosphorus: 384.39mg (38.44%), Selenium: 26.26µg (37.52%), Vitamin B6: 0.47mg (23.69%), Zinc: 3.51mg (23.41%), Potassium: 677.55mg (19.36%), Iron: 2.9mg (16.13%), Copper: 0.21mg (10.73%), Vitamin B5: 0.92mg (9.18%), Vitamin E: 1.28mg (8.56%), Manganese: 0.16mg (8.03%), Magnesium: 24.31mg (6.08%), Vitamin K: 6.21µg (5.91%), Calcium: 34.97mg (3.5%), Vitamin C: 1.97mg (2.39%), Fiber: 0.54g (2.18%), Folate: 8.64µg (2.16%), Vitamin A: 68.63IU (1.37%)