



Ground Pork Cake with Salty Egg (Haam Daan Ju Yoke Beng)

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



529 kcal

Ingredients

- 0.5 head broccoli cut into florets
- 1 duck egg salted shelled (hard-cooked)
- 1 eggs
- 1 teaspoon ground pepper black
- 1.5 pounds ground pork
- 1 tablespoon milk
- 0.3 teaspoon salt
- 1 tablespoon soya sauce

0.5 teaspoon sugar white

Equipment

food processor

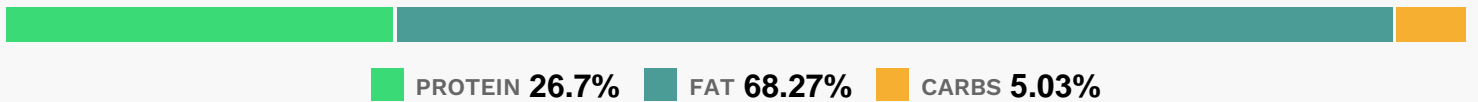
bowl

pot

Directions

- Separate the white of the salted egg from the yolk. Mash the white with a spoon in a small bowl or blend in a food processor. Divide the yolk into four pieces and set aside.
- In a medium heat-proof bowl, mix together the ground pork, salty egg white, regular egg, soy sauce, sugar, salt, pepper and milk using your hands. The milk will make the texture smoother.
- Let stand for 15 minutes to marinate. In Chinese cooking, this is the best time to prepare the rest of the dishes for the meal and begin cooking rice.
- Take the pieces of salted egg yolk and push them into the pork. Smooth the top of the pork until it is flat and even. Arrange broccoli florets around the outer edge of the meat.
- Place the bowl in a steamer or in a large pot with a couple inches of water in it. Set over medium-low heat. Steam until the meat is browned throughout, about 30 minutes.
- Serve with rice. The yolk is the most coveted part of the dish. Ration it carefully! It is very salty, so it is best to eat the yolk a tid bit at a time with a larger bite of meat, mixed with a mouthful of rice.

Nutrition Facts



Properties

Glycemic Index:46.77, Glycemic Load:1.49, Inflammation Score:-7, Nutrition Score:30.825217620186%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 5.96mg, Kaempferol: 5.96mg, Kaempferol: 5.96mg, Kaempferol: 5.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 529.43kcal (26.47%), Fat: 39.92g (61.42%), Saturated Fat: 14.54g (90.87%), Carbohydrates: 6.62g (2.21%), Net Carbohydrates: 4.48g (1.63%), Sugar: 2.25g (2.51%), Cholesterol: 318.54mg (106.18%), Sodium: 559.75mg (24.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.13g (70.26%), Vitamin B1: 1.34mg (89.07%), Vitamin C: 68.98mg (83.62%), Selenium: 53.63µg (76.61%), Vitamin K: 78.45µg (74.72%), Vitamin B6: 0.86mg (42.98%), Phosphorus: 418.54mg (41.85%), Vitamin B3: 8.1mg (40.48%), Vitamin B12: 2.25µg (37.56%), Vitamin B2: 0.62mg (36.63%), Zinc: 4.48mg (29.89%), Potassium: 804.22mg (22.98%), Vitamin B5: 2.1mg (21.04%), Folate: 76.45µg (19.11%), Iron: 3.08mg (17.08%), Magnesium: 55.68mg (13.92%), Manganese: 0.27mg (13.66%), Vitamin A: 671.55IU (13.43%), Fiber: 2.14g (8.55%), Calcium: 84.72mg (8.47%), Copper: 0.15mg (7.27%), Vitamin E: 0.95mg (6.33%), Vitamin D: 0.56µg (3.73%)