



Steamed Pork Belly with Lemongrass and Assam



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



3

CALORIES



923 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tsp cornstarch
- ☐ 2 stalks lemongrass cut into 1 1/2-inch pieces and lightly bashed
- ☐ 1 Tbs soya sauce light
- ☐ 500 g pork belly – but leave the fats underneath intact skinless sliced
- ☐ 2 chili red sliced
- ☐ 1 tsp sugar
- ☐ 2 Tbs tamarind

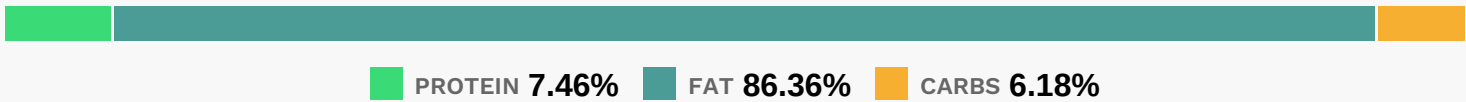
☐ 4 Tbs water hot

Equipment

Directions

☐ Mix together tamarind and hot water. Strain to remove seeds.

Nutrition Facts



Properties

Glycemic Index:65.03, Glycemic Load:5.68, Inflammation Score:-4, Nutrition Score:16.582608523576%

Nutrients (% of daily need)

Calories: 922.85kcal (46.14%), Fat: 88.6g (136.31%), Saturated Fat: 32.27g (201.68%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 13.27g (4.82%), Sugar: 6.91g (7.68%), Cholesterol: 120mg (40%), Sodium: 395.69mg (17.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.22g (34.44%), Vitamin C: 44.21mg (53.59%), Vitamin B1: 0.73mg (48.92%), Vitamin B3: 8.66mg (43.28%), Manganese: 0.62mg (30.96%), Vitamin B2: 0.47mg (27.47%), Vitamin B12: 1.4µg (23.33%), Phosphorus: 222.11mg (22.21%), Vitamin B6: 0.4mg (19.75%), Selenium: 13.78µg (19.68%), Potassium: 551.9mg (15.77%), Zinc: 2.04mg (13.6%), Iron: 2.42mg (13.44%), Copper: 0.17mg (8.63%), Magnesium: 31.27mg (7.82%), Vitamin A: 305.82IU (6.12%), Vitamin E: 0.87mg (5.78%), Vitamin B5: 0.53mg (5.29%), Folate: 18.53µg (4.63%), Vitamin K: 4.48µg (4.26%), Fiber: 1.01g (4.05%), Calcium: 28.17mg (2.82%)