



Thai Style Braised Pork Belly



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



4

CALORIES



1122 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g brown beech mushrooms/ shimeji
- ☐ 0.3 cup coriander roots and stem fresh finely chopped
- ☐ 2 Tbs fish sauce
- ☐ 0.5 bulb garlic crushed peeled
- ☐ 1 inch ginger sliced
- ☐ 850 g pork belly cut into chunks
- ☐ 0.5 Tbs pepper powder white
- ☐ 1 Tbs cheong chan soy sauce dark thick for colouring purposes (Caramel Sauce) (optional,)

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4 servings water

Equipment

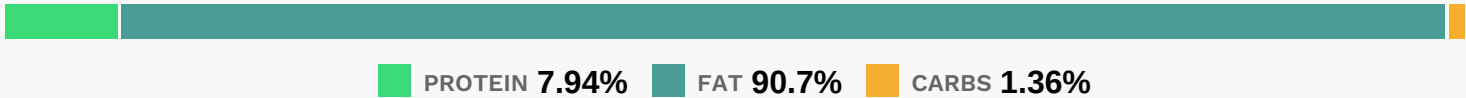
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pot

Directions

- ☐ Heat up a bit of oil in a pot.
- ☐ Add ginger, garlic and coriander, stir-fry until fragrant.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:18.083912988072%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 1122.49kcal (56.12%), Fat: 112.74g (173.45%), Saturated Fat: 41.09g (256.84%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 3.17g (1.15%), Sugar: 1.31g (1.45%), Cholesterol: 153mg (51%), Sodium: 1041.65mg (45.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.2g (44.4%), Vitamin B3: 12.19mg (60.97%), Vitamin B1: 0.89mg (59.67%), Vitamin B2: 0.78mg (45.62%), Selenium: 30.96µg (44.23%), Vitamin B12: 1.88µg (31.3%), Phosphorus: 299.35mg (29.94%), Copper: 0.43mg (21.25%), Vitamin B6: 0.39mg (19.31%), Potassium: 668.95mg (19.11%), Zinc: 2.81mg (18.7%), Vitamin B5: 1.33mg (13.35%), Iron: 1.65mg (9.17%), Manganese: 0.18mg (9.06%), Magnesium: 34.91mg (8.73%), Vitamin E: 0.87mg (5.81%), Folate: 21.14µg (5.29%), Vitamin K: 4.14µg (3.94%), Calcium: 35.7mg (3.57%), Fiber: 0.65g (2.59%), Vitamin A: 112.34IU (2.25%), Vitamin C: 1.43mg (1.74%)