

Low Carb Slow Cooker Char Sui Pork

Prep Time: 5 Min Cook Time: 8 Hours Total Time: 8 Hours, 5 Min



SERVINGS: 6

Nutritional Facts

Serving Size: 6 oz.

Amount Per Serving

Calories 215 Calories from Fat 48

% Daily Value*

Total Fat 5g	8%
Saturated Fat 1g	7%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 99mg	33%
Sodium 632mg	27%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	2%
Sugars 3g	

Protein 33g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1/4 cup low sodium soy sauce
- 1/4 cup hoisin sauce
- 1 tbsp tomato paste
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 2 tsp sesame oil
- 1/2 tsp Chinese five-spice powder
- 2 lbs lean pork tenderloin
- 1/2 cup low sodium chicken broth
- 1 Stevia to taste (optional)



Directions

- 1 Mix together everything except the pork in a bowl. Add the pork to the slow cooker and pour the sauce on top.
- 2 Cook on low for 8 hours until pork is fork tender. Shred using two forks and let sit in the slow cooker for 15 minutes with the lid open before serving.

Notes

