

Low Carb Slow Cooker Pork Banh Mi

Prep Time: 10 Min Cook Time: 4 Hours Total Time: 4 Hours, 10 Min



SERVINGS: 6

Nutritional Facts

Serving Size: 2/3 cup

Amount Per Serving

Calories 242 Calories from Fat 38

% Daily Value*

Total Fat 4g	7%
Saturated Fat 1g	7%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 123mg	41%
Sodium 823mg	36%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Sugars 2g	

Protein 42g

* 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

- 2.5 lbs lean pork tenderloin
- 1 jalapeno, diced
- 1.5 tbsp raw ginger, minced
- 8 cloves garlic, minced
- 1/2 cup low sodium soy sauce (GF if needed)
- 1/4 cup rice vinegar
- 3 packets Stevia (or more if you like things sweeter)
- 1 cup carrots, shredded
- 1 cucumber, sliced
- 1/4 cup cilantro



Directions

- 1 Add the pork to the slow cooker.
- 2 Mix together the jalapeno, ginger, garlic, soy sauce, vinegar, and Stevia.
- 3 Pour over the pork. Cook on low for 4 hours. Serve with carrots, cucumbers, and cilantro.

Notes

