

6-Ingredient Keto Pork Belly Kale

Hands-on 15 minutes Overall 20 minutes

Nutritional values (per serving): Total carbs: 3.4 g, Fiber: 1.1 g, **Net carbs: 2.2 g,**

Protein: 3.7 g, Fat: 15.2 g, Calories: 165 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

- 4 ounces (113 g) pork belly, cut into 1/2-inch (2 cm) pieces
- 1 bunch kale, stems removed, leaves chopped (200 g/ 7.1 oz)
- 1 clove garlic, minced
- 1 jalapeño, minced (14 g/ 0.5 oz)
- 2 tbsp apple cider vinegar (30 ml)
- sea salt or [pink Himalayan salt](#) to taste

Tip: Crack 2-4 eggs into the kale to transform this into a breakfast dish!

Instructions

1. Wash and pat dry the kale. Remove the hard stems and chop the leaves.
2. Dice the pork belly and mince the garlic and jalapeño.
3. Place a large cast iron skillet over medium high heat, brown the pork belly about 10 minutes until golden and crisp and cooked through.
4. Add the garlic and jalapeño to the skillet and cook 30 seconds until fragrant.
5. Add the chopped kale in batches until wilted. Pour in ACV and continue to cook 5-10 minutes until soft. Season with salt to taste.
6. Eat warm as a side dish or store in the fridge for up to 3 days.

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