

Keto Spring Roll in a Bowl

Hands-on 15 minutes Overall 15-20 minutes

Nutritional values (per serving, about 225 g/ 8 oz): Total carbs: 11.7 g, Fiber: 3.6 g,

Net carbs: 8.1 g, Protein: 29.7 g, Fat: 29.2 g, Calories: 414 kcal,

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



Ingredients (makes 4 servings)

- 250 g green cabbage, shredded (8.8. oz)
- 1 medium carrot, grated (60 g/ 2.1 oz)
- 100 g white mushrooms, sliced (3.5 oz)
- 3 tbsp virgin avocado oil *or* ghee (45 ml)
- 2 cloves garlic, minced
- 500 g ground pork (1.1 lb) - *I used 5% fat*
- 2 tbsp coconut aminos *or* tamari sauce (30 ml)
- 1 tbsp oyster sauce *or* fish sauce (15 ml)
- 2 tbsp apple cider vinegar (30 ml)
- 2 tbsp unsweetened tomato paste (30 ml)
- 1 tbsp Erythritol *or* Swerve (10 g/ 0.4 oz)
- 2 cups bean sprouts (200 g/ 7.1 oz)
- 2 medium spring onions, sliced (30 g/ 1.1 oz)
- 4 tbsp extra virgin olive oil (60 ml/ 2 fl oz)

Instructions

1. Finely slice the cabbage and grate the carrot using large holes on your grater. Slice the mushrooms.
2. Place minced garlic in a skillet greased with avocado oil (or ghee). Cook for a minute until fragrant.
3. Add ground pork (I used 5% ground pork). Use a spatula to break into pieces. Cook for a minute or two, and then add the coconut aminos, oyster sauce (or use fish sauce), vinegar, tomato paste, and Erythritol.
4. Cook on medium-high for 3 to 4 minutes until browned. Add the sliced mushrooms and cook for about 3 to 5 minutes.
5. Add the shredded cabbage, carrot and bean sprouts. At first this will seem like a lot but the cabbage will cook down. Using tongs, toss while cooking.
6. Cook for 6 to 8 minutes or until the cabbage is wilted and crisp

tender. Take off the heat and stir in the olive oil. Optionally, season with salt and pepper to taste.

7. To serve, sprinkle with spring onion. To store, let it cool down and refrigerate for up to 4 days. Reheat before serving. You can stir in the spring onion before placing in the fridge or add it just before serving.

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