



## Egg Roll in a Bowl

4 servings  
 30 minutes

### Ingredients

- 2 tbsps Avocado Oil
- 1 Yellow Onion (medium, diced)
- 5 stalks Green Onion (diced)
- 4 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 lb Lean Ground Pork
- 6 cups Coleslaw Mix
- 2 cups Bean Sprouts
- 1/4 cup Coconut Aminos

### Nutrition

Amount per serving	
Calories	407
Fat	26g
Saturated	6g
Carbs	21g
Fiber	6g
Sugar	10g
Protein	26g
Cholesterol	77mg
Sodium	667mg
Potassium	318mg
Vitamin A	5100IU
Vitamin C	61mg
Calcium	100mg
Iron	3mg
Vitamin D	19IU
Vitamin B6	0.7mg
Folate	7µg
Vitamin B12	0.8µg
Magnesium	22mg
Zinc	2mg

### Directions

- 1 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3-5 minutes, stirring frequently, until soft.
- 2 Add the pork and break it up as it cooks. Cook for about 7-10 minutes, or until cooked through.
- 3 Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

### Notes

- No Coconut Aminos, Use tamari or soy sauce instead.
- Meat-Free, Replace the ground meat with scrambled eggs or tofu.



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Selenium

35µg