



Keto Bak Chor Mee (Minced Meat Noodles) – Toa Payoh North

Description

Let's start with some definition:

Keto foods are those that are compatible with a ketogenic diet, which is characterized by low carbohydrate, high fat, and moderate protein intake.

Mince meat noodles, known as Bak Chor Mee in Singapore, are a flavorful street food dish featuring thin, flat egg noodles with finely ground meat (typically pork), a savory sauce, and various toppings.



Now combining the two, you get Keto Bak Chor Mee. How does it look like? From the moment I pick up the food, all I see is a mountain of fragrant pork lard.

The bowl is so densely filled with ingredients that I have to be careful with my tossing or I'll risk spilling the pork lard on the table.

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Underneath the trove of pork lard, I uncover mince meat, pork slices, sprouts, konjac noodles and a braised egg swimming in a savoury sauce that smells of vinegar and chilli oil.

Science corner: The calorie content of konjac noodles, also known as shirataki noodles or miracle noodles, is extremely low. A typical serving of konjac noodles, which is about 3.5 ounces (100 grams), contains approximately 5-10 calories. These noodles are primarily composed of water and glucomannan fiber, which is a type of soluble dietary fiber derived from the konjac plant. As a result, they are a popular choice for those seeking to reduce calorie intake and carbohydrates, as they are virtually calorie-free and very low in carbohydrates. The calorie count may vary slightly depending on the brand and preparation method, but it remains extremely low.

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Me, 1/3 way through the meal

Oh yes, the konjac noodles and braised egg are add-ons.

The keto bak Chor mee – \$6.50

Add ons – \$2.60

They do have quite a variety of add-ons you can choose from to power up your meal.

For ladies, I recommend you get a friend to share. The sheer amount of meat can get pretty one dimensional towards the end of the meal. I think we can do with a little more bean sprout to lighten up the taste and add more crunch to every mouthful.

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Judging from the stall's signboard, my guess is they started off as any other noodles stall but they found an angle with the keto diet. I heard about Qiyin Teochew Mince Meat Noodles (203 Toa Payoh N, #01-1121 Block 203, Singapore 310203) via a radio interview they did recently so here I am, to give this keto bak chor mee a try.



For those who want to whip up your own version of mince meat noodles at home, you can also buy raw ingredients to go.



Personal Verdict:

3.5/5 – the noodles is decently good. but if you are here for health reasons, then perhaps go for the soup version. haha

Will I return? Yeah! I am curious about their keto laksa.



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Date Created

07/11/2023

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