

You Promise Mel Dau: A Comprehensive Guide to the Filipino Street Food

You Promise Mel Dau is a popular Filipino street food made from cow intestines. It is typically served with a vinegar-based sauce and various toppings, such as onions, tomatoes, and chili peppers. You Promise Mel Dau is a delicious and affordable snack that can be found all over the Philippines.

The origins of You Promise Mel Dau are unknown, but it is believed to have originated in the Philippines during the Spanish colonial period. The dish is thought to have been created by poor Filipinos who were looking for a way to use up the leftover intestines from slaughtered cows. You Promise Mel Dau quickly became popular among the lower classes and eventually spread to all parts of the country.

You Promise Mel Dau is made by first cleaning the cow intestines and then boiling them in water. Once the intestines are cooked, they are cut into small pieces and then fried in oil. The fried intestines are then served with a vinegar-based sauce and various toppings.



You Promise by Mel Dau

★★★★☆ 4.8 out of 5

Language	: English
File size	: 1544 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 111 pages
Item Weight	: 12.2 ounces

Dimensions : 5 x 0.71 x 8 inches
Paperback : 318 pages



The vinegar-based sauce is typically made with vinegar, water, sugar, and salt. Sometimes, other ingredients, such as onions, tomatoes, and chili peppers, are added to the sauce. The toppings that are used on You Promise Mel Dau can vary depending on personal preference, but the most common toppings are onions, tomatoes, and chili peppers.

There are many different variations of You Promise Mel Dau. Some variations include:

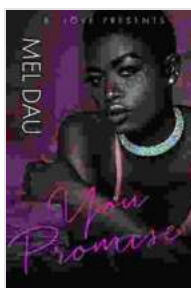
- **Sisig:** Sisig is a popular Filipino dish made from pork intestines. It is typically served with a vinegar-based sauce and various toppings, such as onions, tomatoes, and chili peppers.
- **Dinuguan:** Dinuguan is a popular Filipino dish made from pork blood. It is typically served with a vinegar-based sauce and various toppings, such as onions, tomatoes, and chili peppers.
- **Kare-kare:** Kare-kare is a popular Filipino dish made from oxtail and vegetables. It is typically served with a peanut-based sauce and various toppings, such as onions, tomatoes, and chili peppers.

You Promise Mel Dau is a good source of protein and iron. It is also a good source of vitamins B12 and B6. However, You Promise Mel Dau is also high in fat and cholesterol.

A serving of You Promise Mel Dau (100 grams) contains the following nutrients:

- Calories: 250
- Protein: 15 grams
- Fat: 10 grams
- Cholesterol: 100 milligrams
- Sodium: 250 milligrams
- Potassium: 200 milligrams
- Vitamin B12: 2 micrograms
- Vitamin B6: 1 milligram

You Promise Mel Dau is a delicious and affordable Filipino street food that can be found all over the Philippines. It is a good source of protein and iron, but it is also high in fat and cholesterol. If you are looking for a tasty and nutritious snack, You Promise Mel Dau is a great option.



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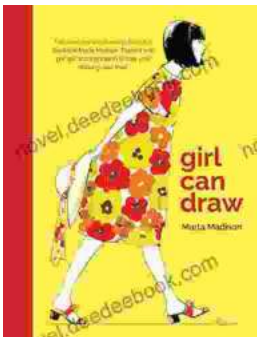
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