



Hoisin-Marinated Pork Chops

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



714 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup black bean garlic sauce
- ☐ 1 tablespoon ginger fresh peeled chopped
- ☐ 3 garlic cloves chopped
- ☐ 1.5 cups hoisin sauce
- ☐ 1 cup oyster sauce
- ☐ 72 ounce pork rib chops thick
- ☐ 1 teaspoon food coloring red

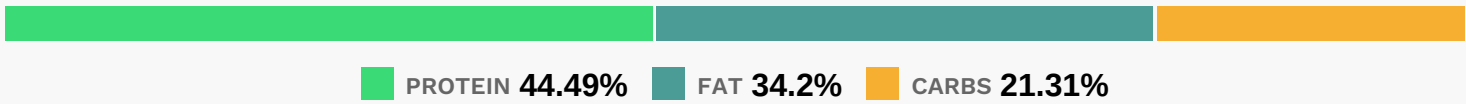
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Mix first 6 ingredients in large bowl for marinade.
- ☐ Place chops in extra-large resealable plastic bag.
- ☐ Add marinade to bag. Seal top, releasing excess air. Turn bag to coat chops. Refrigerate 3 to 5 days, turning bag occasionally.
- ☐ Preheat broiler, adjusting rack 8 inches below heat source. Line rimmed baking sheet with heavy-duty foil.
- ☐ Remove chops from marinade.
- ☐ Place chops on prepared pan with some marinade still clinging. Broil until chops are cooked through and thermometer inserted horizontally into center registers 145°F, watching closely to prevent burning (chops may char slightly in spots), about 9 minutes per side.
- ☐ Transfer to plates and serve.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:33.584782889356%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 714.11kcal (35.71%), Fat: 26.33g (40.52%), Saturated Fat: 8.75g (54.66%), Carbohydrates: 36.93g (12.31%), Net Carbohydrates: 34.27g (12.46%), Sugar: 19.93g (22.14%), Cholesterol: 229.99mg (76.66%), Sodium: 2333.35mg (101.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 77.07g (154.14%), Selenium: 115.76µg (165.38%), Vitamin B1: 2.28mg (151.93%), Vitamin B3: 28.57mg (142.83%), Vitamin B6: 2.54mg (126.95%), Phosphorus: 806.16mg (80.62%), Vitamin B2: 0.83mg (48.74%), Potassium: 1382.47mg (39.5%), Zinc: 5.55mg (36.99%), Vitamin B12: 1.96µg (32.69%), Magnesium: 107.37mg (26.84%), Vitamin B5: 2.54mg (25.37%), Copper: 0.34mg (17.12%), Iron: 2.7mg (15%), Manganese: 0.25mg (12.33%), Fiber: 2.66g (10.63%), Vitamin D: 1.36µg (9.07%), Calcium: 61.09mg (6.11%), Folate: 21.79µg (5.45%), Vitamin E: 0.64mg (4.26%), Vitamin C: 0.84mg (1.02%)