



Online Round 2 - Pork and Cornbread Bites

READY IN



23 min.

SERVINGS



4

CALORIES



116 kcal

Ingredients

- 2 tablespoons brown sugar
- 2 pieces cornbread sweet sliced
- 1 tablespoon cilantro leaves fresh chopped
- 2 teaspoons hot sauce
- 1 pork chops
- 2 tablespoons cream sour
- 1 tablespoon soya sauce
- 1 tablespoon butter unsalted

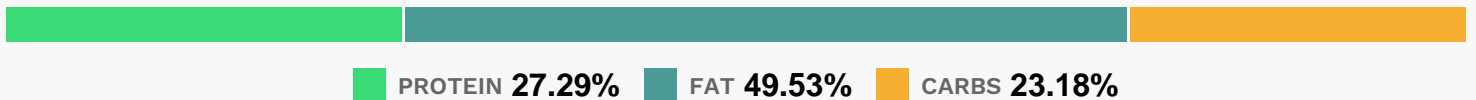
Equipment

- frying pan
- toothpicks

Directions

- In a nonstick skillet over medium heat, melt the butter.
- Cut the pork chop into 1-inch pieces, add to the pan, and cook until warmed through, about 5 minutes.
- Remove and set aside.
- To the pan, add the sugar, soy sauce, and hot sauce and cook until the sugar is melted and the sauce thickens slightly, about 3 minutes.
- To assemble, place a piece of cornbread on a plate, top it with a piece of pork, and drizzle it with the sauce.
- Place a small dollop of sour cream on top and secure with a toothpick.
- Garnish with the cilantro.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:4.5813043266535%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 116.29kcal (5.81%), Fat: 6.39g (9.83%), Saturated Fat: 3.24g (20.28%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 6.67g (2.43%), Sugar: 6.21g (6.9%), Cholesterol: 33.79mg (11.27%), Sodium: 327.28mg (14.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.84%), Selenium: 11.5µg (16.43%), Vitamin B1: 0.23mg (15.28%), Vitamin B3: 2.88mg (14.42%), Vitamin B6: 0.26mg (13.05%), Phosphorus: 89.42mg (8.94%), Vitamin B2: 0.08mg (4.87%), Potassium: 154.88mg (4.43%), Zinc: 0.57mg (3.8%), Vitamin B12: 0.2µg (3.29%), Magnesium: 11.93mg (2.98%), Vitamin B5: 0.3mg (2.98%), Vitamin A: 137IU (2.74%), Vitamin C: 1.58mg (1.91%), Iron: 0.34mg (1.9%), Calcium: 16.03mg (1.6%), Manganese: 0.03mg (1.6%), Copper: 0.03mg (1.52%), Vitamin D: 0.19µg (1.24%), Vitamin E: 0.16mg (1.03%)