



Taiwanese Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



4

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tablespoon five-spice powder chinese
- 3 inch pork chops bone-in thick
- 4 servings cornstarch
- 1 tablespoon garlic minced
- 2 tablespoons soya sauce
- 1 tablespoon sugar
- 4 servings vegetable oil for frying
- 0.5 tablespoon white wine

Equipment

- frying pan
- knife
- ziploc bags

Directions

- With a sharp knife, make several small slits near the edges of the pork chops to keep them from curling when fried.
- Into a large resealable plastic bag, add the soy sauce, garlic, sugar, white wine, and five-spice powder.
- Place chops into the bag, and close the seal tightly. Carefully massage the marinade into chops, coating well. Refrigerate at least 1 hour, turning the bag over every so often.
- In a large skillet, heat enough vegetable oil to fill the skillet to a depth of about 1/2 inch.
- Remove chops from resealable bag without wiping off marinade. Lightly sprinkle cornstarch on both sides of the chops.
- Carefully add chops to skillet; cook, turning once, until golden brown on both sides and cooked through.

Nutrition Facts



PROTEIN 11.41% **FAT 49.61%** **CARBS 38.98%**

Properties

Glycemic Index:33.77, Glycemic Load:2.37, Inflammation Score:-1, Nutrition Score:1.6152173970704%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 56.22kcal (2.81%), Fat: 3.14g (4.83%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 5.3g (1.93%), Sugar: 3.18g (3.54%), Cholesterol: 1.31mg (0.44%), Sodium: 504.48mg (21.93%), Alcohol: 0.19g (100%), Alcohol %: 0.73% (100%), Protein: 1.63g (3.25%), Manganese: 0.1mg (5.07%), Vitamin K: 5.19µg (4.94%), Iron: 0.6mg (3.31%), Vitamin B6: 0.06mg (3.14%), Vitamin B3: 0.52mg (2.62%), Phosphorus: 23.06mg (2.31%), Magnesium: 6.28mg (1.57%), Selenium: 1.09µg (1.56%), Vitamin E: 0.23mg (1.55%), Vitamin B1: 0.02mg (1.44%), Copper: 0.03mg (1.4%), Potassium: 47.66mg (1.36%), Vitamin B2: 0.02mg (1.35%), Calcium: 11.65mg (1.17%)