



## Vietnamese Grilled Smoked Pork Chop Rice Bowls

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

READY IN



**20 min.**

SERVINGS



**4**

CALORIES



**515 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pork chops smoked bone-in
- 2 cups carrots grated peeled
- 4 cups rice long grain cooked
- 3 tablespoons fish sauce
- 0.5 cup cilantro leaves fresh roughly chopped
- 4 cloves garlic minced
- 5 tablespoons granulated sugar

- 2 juice of lime
- 4 servings kosher salt
- 4 servings pepper flakes red crushed
- 3 tablespoons rice wine vinegar
- 2 tablespoons vegetable oil

## Equipment

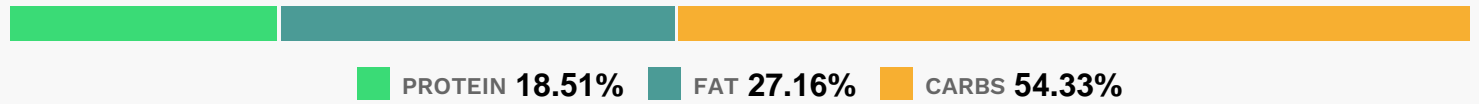
- bowl
- sauce pan
- whisk
- mixing bowl
- grill
- tongs
- cutting board

## Directions

- Whisk together the rice wine vinegar and 1 tablespoon of the sugar in a mixing bowl until the sugar dissolves.
- Add the grated carrot and stir to combine. Season with salt and reserve.
- Combine the remaining sugar and 1/4 cup water in a small saucepan. Bring to a simmer over medium heat and simmer until the sugar dissolves, about 3 minutes. Turn off the heat and add the fish sauce, garlic, lime zest and juice and a pinch or 2 of red pepper flakes. Spoon out a 1/4 cup of the sauce to baste the pork chops and reserve the rest to serve with the rice bowls.
- Heat an outdoor grill or large cast-iron grill over medium-high heat.
- Whisk together the 1/4 cup sauce and the oil and brush liberally all over the pork chops.
- Place the pork chops on the grill and cook until the pork is warmed through and charred on both sides, about 5 minutes total. The pork chops might stick a bit to the grill but that is okay – just use a pair of tongs to gently pull away as needed.
- Transfer to a cutting board and allow to rest for 5 minutes.

- Cut each pork chop off the bone and thinly slice against the grain.
- To serve, divide the rice among 4 large bowls. Toss the carrots with the cilantro. Top each bowl with a few slices of the pork, divide the carrot salad among the bowls and top with the rest of the sauce. Stir to combine and serve.

## Nutrition Facts



### Properties

Glycemic Index:84.48, Glycemic Load:60.62, Inflammation Score:-10, Nutrition Score:24.172174018362%

### Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

### Nutrients (% of daily need)

Calories: 514.78kcal (25.74%), Fat: 15.42g (23.72%), Saturated Fat: 3.77g (23.56%), Carbohydrates: 69.4g (23.13%), Net Carbohydrates: 66.1g (24.04%), Sugar: 19.02g (21.14%), Cholesterol: 58.48mg (19.49%), Sodium: 1380.81mg (60.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.65g (47.29%), Vitamin A: 11434.27IU (228.69%), Selenium: 42.81µg (61.15%), Manganese: 0.98mg (48.89%), Vitamin B6: 0.97mg (48.36%), Vitamin B3: 7.48mg (37.4%), Vitamin B1: 0.5mg (33.51%), Phosphorus: 282.54mg (28.25%), Vitamin K: 29.41µg (28.01%), Magnesium: 77.03mg (19.26%), Potassium: 669.25mg (19.12%), Zinc: 2.6mg (17.34%), Vitamin B2: 0.26mg (15.06%), Vitamin B5: 1.47mg (14.69%), Vitamin E: 1.99mg (13.28%), Fiber: 3.3g (13.2%), Vitamin C: 9.83mg (11.92%), Copper: 0.24mg (11.87%), Iron: 1.61mg (8.93%), Vitamin B12: 0.51µg (8.57%), Calcium: 75.29mg (7.53%), Folate: 27.17µg (6.79%), Vitamin D: 0.42µg (2.83%)