



Vietnamese/Chinese Pork Chops

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

READY IN



505 min.

SERVINGS



6

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon five-spice powder chinese
- 2 tablespoons brown sugar
- 2 tablespoons fish sauce
- 0.5 teaspoon ginger root fresh minced
- 6 cloves garlic minced
- 0.5 teaspoon ground pepper black
- 2 tablespoons honey
- 2 lemon grass chopped

- 0.5 onion chopped
- 6 center-cut pork chops boneless thin
- 0.3 teaspoon salt
- 1 teaspoon sesame oil
- 1 teaspoon shallots minced
- 2 tablespoons soya sauce
- 0.3 cup vegetable oil
- 0.5 teaspoon worcestershire sauce

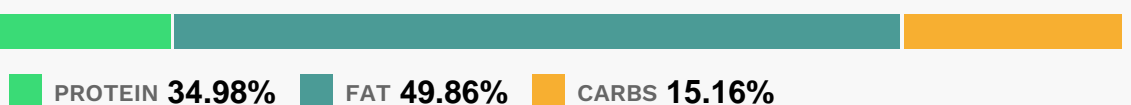
Equipment

- bowl
- frying pan
- whisk
- grill
- ziploc bags

Directions

- Whisk together the brown sugar, honey, fish sauce, 3 tablespoons of vegetable oil, soy sauce, Worcestershire sauce, ginger, five-spice powder, sesame oil, shallot, garlic, onion, lemon grass, salt, and pepper in a bowl, and pour into a resealable plastic bag.
- Add the pork chops, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 8 hours.
- Heat 1/4 cup of vegetable oil in a large skillet over medium-high heat or preheat an outdoor grill for medium-high heat, and lightly oil the grate. Cook until the pork chops are no longer pink in the center, about 4 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:3.57, Inflammation Score:-3, Nutrition Score:17.97652176476%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 349.28kcal (17.46%), Fat: 19.2g (29.54%), Saturated Fat: 4.78g (29.87%), Carbohydrates: 13.14g (4.38%), Net Carbohydrates: 12.7g (4.62%), Sugar: 10.45g (11.61%), Cholesterol: 89.78mg (29.93%), Sodium: 976.45mg (42.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.31g (60.61%), Selenium: 45.58µg (65.12%), Vitamin B1: 0.91mg (60.83%), Vitamin B3: 11.17mg (55.85%), Vitamin B6: 1.07mg (53.38%), Phosphorus: 324.18mg (32.42%), Potassium: 593.89mg (16.97%), Vitamin K: 17.16µg (16.35%), Vitamin B2: 0.27mg (16.13%), Zinc: 2.26mg (15.06%), Magnesium: 52.53mg (13.13%), Manganese: 0.25mg (12.44%), Vitamin B12: 0.74µg (12.32%), Vitamin B5: 1.05mg (10.53%), Iron: 1.42mg (7.89%), Vitamin E: 0.93mg (6.22%), Copper: 0.12mg (5.88%), Vitamin D: 0.54µg (3.57%), Calcium: 31.31mg (3.13%), Vitamin C: 1.96mg (2.38%), Folate: 7.67µg (1.92%), Fiber: 0.43g (1.74%)