

# Vietnamese Lemongrass Pork Chop

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-vietnamese-lemongrass-pork-chop-recipe>

## Ingredients:

- 2 5/8 pounds pork forequarter chops, approx 1.5 cm / 0.6 in thick
- canola oil spray
- 3 tablespoons fish sauce
- 2 tablespoons soy sauce
- 3 tablespoons sugar
- pepper to taste
- 3 tablespoons lemongrass very finely chopped
- 4 garlic cloves finely chopped
- 1/2 brown onion small, finely chopped
- 1 tablespoon honey
- 1/2 teaspoon bouillon powder pork, or MSG, optional

## Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 200 milligrams
4. Fat: 22 grams
5. Fiber: 1 grams
6. Protein: 68 grams
7. SaturatedFat: 6 grams
8. Sodium: 1640 milligrams
9. Sugar: 15 grams

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