

Chinese BBQ Pork {Char Siu}

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-bbq-pork-recipe-with-pork-tenderloin>

Ingredients:

- 3 pounds pork tenderloins
- 1/2 cup soy sauce
- 1/3 cup honey
- 1/3 cup ketchup
- 1/2 cup brown sugar
- 1/4 cup rice wine vinegar
- 1 teaspoon sesame oil
- 2 tablespoons hoisin sauce
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 220 milligrams
4. Fat: 15 grams
5. Fiber: 1 grams
6. Protein: 74 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 2330 milligrams
9. Sugar: 48 grams

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