

# Sticky Chinese BBQ Pork

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 8 pork medallions
- 3 teaspoons soy sauce
- 1 tablespoon hoisin
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- 1 tablespoon oyster sauce
- 13/16 inch ginger
- 3 cloves garlic
- 1/2 teaspoon Sriracha
- 1 teaspoon onion granules
- 1 teaspoon Chinese 5 spice
- 1/2 teaspoon tomato puree
- cooking spray low calorie

## Nutrition:

1. Calories: 40 calories
2. Carbohydrate: 9 grams
3. Fiber: 1 grams
4. Protein: 1 grams
5. Sodium: 430 milligrams
6. Sugar: 6 grams

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