

# Pork Chop Suey

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-chop-suey-recipe-with-molasses>

## Ingredients:

- 1 pound pork tenderloin cut into bite sized pieces
- 1 red bell pepper large, thinly sliced
- 1 onion medium, thinly sliced
- 3 1/2 cups bean sprouts
- 2 garlic cloves minced
- 3/4 cup fat-free chicken broth
- 1/3 cup reduced sodium soy sauce
- 1 tablespoon sesame oil
- 2 tablespoons molasses
- 1 inch ginger piece of, minced
- 4 teaspoons cornstarch
- 1/2 teaspoon black pepper

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 75 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 26 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 960 milligrams
9. Sugar: 9 grams

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