

# Taiwanese Fried Pork Chop???

Yield: 4 min  
Total Time: 45 min

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

## Ingredients:

- 4 pork chop medium sized, or pork loin approximately 0.75 lbs
- 1 1/2 tablespoons sauce Maggi
- 1 1/2 tablespoons soy sauce
- 2 tablespoons rice wine
- 1/2 tablespoon sesame oil
- 2 teaspoons sugar
- 4 cloves garlic finely minced
- 1/4 teaspoon five spice
- 1/4 teaspoon white pepper
- 1 egg beaten
- 1/2 cup potato starch sweet potato starch

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 130 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 37 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 750 milligrams
9. Sugar: 4 grams

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