

Honey Garlic Pork Chops

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-pork-chops-recipe>

Ingredients:

- 4 pork chops bone-in thin cut, about 1 lb / 450 g in total, *Footnote 1
- 1/4 teaspoon garlic powder
- 1/2 teaspoon salt
- 1 tablespoon Shaoxing wine or dry sherry
- 1 teaspoon sesame oil
- 1 1/2 tablespoons cornstarch
- 1 1/2 tablespoons all-purpose flour
- 2 tablespoons honey
- 1 teaspoon light soy sauce or soy sauce
- 1 teaspoon Shaoxing wine or dry sherry
- 1 teaspoon lemon juice or rice vinegar
- 1/2 teaspoon sesame oil
- 1 pinch white pepper
- 1 pinch black pepper
- 2 tablespoons water
- 1 cup oil *Footnote 2
- 4 cloves garlic minced, *Footnote 3
- sliced green onion optional
- fried garlic optional

Nutrition:

1. Calories: 780 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 75 milligrams
4. Fat: 64 grams
5. Protein: 34 grams
6. SaturatedFat: 6 grams
7. Sodium: 730 milligrams
8. Sugar: 9 grams

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