

# Sweet and Sour Pork

Yield: 4 min  
Total Time: 55 min

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

## Ingredients:

- 1/2 pound pork [226 grams]
- 1 tablespoon soy sauce
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda
- 1/2 cup plain flour
- 2 eggs
- 1 tablespoon garlic
- 2 cups bell pepper a colorful
- 2 cups pineapple
- 1/4 cup ketchup
- 1/4 cup water
- 1/4 cup sugar
- 1/4 cup vinegar
- 2 tablespoons plum sauce [optional]
- 1 tablespoon corn starch
- 3/4 teaspoon salt or to taste

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 145 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 20 grams
7. SaturatedFat: 2 grams
8. Sodium: 1180 milligrams
9. Sugar: 26 grams

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