

Pork Chops with Chinese Vegetables

Yield: 2 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/best-chinese-vegetables-recipe>

Ingredients:

- 2 scallions
- 2 carrots each about 100 grams
- 5 ounces mung bean sprouts fresh
- 1 garlic clove
- 4 ounces brown rice par-boiled
- salt
- 2 pork each about 150 grams
- 1 teaspoon flour
- 1 teaspoon spice Chinese 5-, powder
- 2 tablespoons canola oil
- 1/2 lime
- 2 tablespoons ketchup
- 2 tablespoons soy sauce

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 64 grams
3. Fat: 15 grams
4. Fiber: 7 grams
5. Protein: 9 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1510 milligrams
8. Sugar: 11 grams

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