

Whiskey Miso Pork Chop

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/pork-chop-italian-bread-crumbs-recipe>

Ingredients:

- 1/2 cup whiskey
- 1/4 cup apple cider vinegar
- 1 1/2 tablespoons miso paste or 3 tablespoons Miso & Easy
- 1 tablespoon brown sugar
- 1 tablespoon grainy mustard
- 4 pork chops about 1-inch thick
- 1 tablespoon cooking oil
- 1 tablespoon fresh parsley minced

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 75 milligrams
4. Fat: 10 grams
5. Protein: 34 grams
6. SaturatedFat: 2 grams
7. Sodium: 640 milligrams
8. Sugar: 3 grams

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