

# Instant Pot Pork Chops

Yield: 2 min  
Total Time: 13 min

Recipe from: <https://www.recipeschoose.com/recipes/instant-pot-cooking-time-for-indian-recipe>

## Ingredients:

- 2 pork chops bone-in, ¾" - 1" thick
- 2 tablespoons vegetable oil
- 2 teaspoons brown sugar
- 2 teaspoons salt
- 1 teaspoon ground pepper fresh
- 1 cup chicken broth
- 1 tablespoon liquid smoke

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 75 milligrams
4. Fat: 21 grams
5. Protein: 36 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 2750 milligrams
8. Sugar: 3 grams

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