

Caribbean Jerk Pork Chops

Yield: 6 min
Total Time: 750 min

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

Ingredients:

- 3/4 cup water
- 1/3 cup lemon juice
- 1/3 cup chopped onion
- 1 tablespoon brown sugar packed
- 1 tablespoon green onion chopped
- 1 tablespoon canola oil
- 3/4 teaspoon salt
- 3/4 teaspoon ground allspice
- 3/4 teaspoon ground cinnamon
- 3/4 teaspoon ground black pepper
- 1/2 teaspoon dried thyme crushed
- 1/4 teaspoon cayenne pepper or to taste
- 6 pork chops lean, 1/2 inch thick

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 75 milligrams
4. Fat: 9 grams
5. Protein: 33 grams
6. SaturatedFat: 2 grams
7. Sodium: 660 milligrams
8. Sugar: 2 grams

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