

Tonkatsu – Japanese Fried Pork Chops (CRISPY)

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 4 pork chops
- 2 eggs
- 1/2 cup flour
- 1/4 cup cold water
- salt
- pepper
- 2 cups panko
- 2 tablespoons soy sauce
- 2 tablespoons ketchup
- 3 tablespoons Worcestershire sauce
- 1 tablespoon roasted sesame seeds grounded
- 1 1/2 tablespoons sugar
- 4 pork chops
- 2 eggs
- 1/2 cup flour
- 1/4 cup cold water
- salt
- pepper
- 2 cups panko
- 2 tablespoons soy sauce
- 2 tablespoons ketchup
- 3 tablespoons Worcestershire sauce
- 1 tablespoon roasted sesame seeds grounded
- 1 1/2 tablespoons sugar

Nutrition:

1. Calories: 950 calories

2. Carbohydrate: 102 grams
 3. Cholesterol: 365 milligrams
 4. Fat: 21 grams
 5. Fiber: 5 grams
 6. Protein: 86 grams
 7. SaturatedFat: 6 grams
 8. Sodium: 3230 milligrams
 9. Sugar: 21 grams
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