

Pan Grilled Vietnamese Pork Chop

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-pork-chop-recipe-youtube>

Ingredients:

- 2 pieces bone-in pork chops 1-inch thick-cut
- 1/4 cup white onion finely chopped
- 2 cloves garlic minced
- 1/4 cup brown sugar
- 1/4 cup fish sauce
- 2 tablespoons rice vinegar
- 2 tablespoons vegetable oil
- 2 tablespoons soy sauce
- 1 teaspoon black pepper
- 1 tablespoon oil
- lime wedges
- green onion
- chopped cilantro
- salad
- cucumber
- tomato slices
- brown rice
- couscous
- cauliflower rice

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 40 grams
3. Fat: 11 grams
4. Fiber: 4 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams

7. Sodium: 1860 milligrams

8. Sugar: 13 grams

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