

Miso Ginger Grilled Pork Chops and Swiss Chard

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-pork-chops-swiss-chard-cannellini-beans>

Ingredients:

- 2 pork chops large
- 1/4 cup white miso paste
- 4 garlic cloves minced
- 3 tablespoons sesame oil
- 1 1/2 tablespoons fresh ginger grated
- 8 ounces Swiss chard
- 1/2 teaspoon mustard powder

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 40 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 20 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 940 milligrams
9. Sugar: 2 grams

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