

Vietnamese Grilled Lemongrass Pork Chops

Yield: 4 min
Total Time: 255 min

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

Ingredients:

- 2 stalks lemongrass
- 4 tablespoons reduced sodium soy sauce
- 3 1/2 tablespoons oyster sauce
- 2 1/2 tablespoons honey
- 1 tablespoon minced garlic
- 1 1/2 tablespoons minced shallot
- black pepper
- 1 pound pork chops thin-cut
- 1 tablespoon cooking oil

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 55 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 26 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1220 milligrams
9. Sugar: 11 grams

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