

Baked Pork Chop with Fried Rice

Yield: 3 min
Total Time: 80 min

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

Ingredients:

- 1 1/2 cups rice uncooked
- 3 eggs beaten
- 4 pork chops thin cut, removed bones if needed
- 3 tablespoons all purpose flour
- 1/2 onion large, cut into wedges
- 1 1/2 medium tomatoes cut into wedges
- 1 cup shredded mozzarella cheese
- 2 tablespoons grated Parmesan optional
- vegetable oil
- salt
- ground white pepper
- 1/2 cup ketchup
- 1/2 cup low sodium beef broth
- 2 1/2 tablespoons sugar
- 2 tablespoons soy sauce
- 1 tablespoon Worcestershire sauce
- 1 teaspoon tomato paste

Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 63 grams
3. Cholesterol: 345 milligrams
4. Fat: 30 grams
5. Fiber: 2 grams
6. Protein: 66 grams
7. SaturatedFat: 10 grams
8. Sodium: 2320 milligrams

9. Sugar: 24 grams

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