



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Sticky Pork Chops ♦♦

Sticky Pork Chops is a delicious and flavorful dish that is perfect for a hearty meal. The pork chops are marinated in a sticky glaze made with soy sauce, honey, garlic, and ginger, giving them a sweet and savory flavor. They are then cooked to perfection, resulting in tender and juicy pork chops that are bursting with flavor. This dish is great for any occasion and can be served with rice, mashed potatoes, or vegetables for a complete meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	pork chops
4 tbsp	soy sauce
2 tbsp	honey

2 cloves	garlic
1 tsp	Ginger
2 tbsp	vegetable oil
1 tsp	Salt
1 tsp	Black pepper
2 stalks	Green Onions

Directions

Step 1

In a bowl, combine soy sauce, honey, minced garlic, grated ginger, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Place the pork chops in a shallow dish and pour the marinade over them. Make sure the pork chops are evenly coated. Let them marinate for at least 15 minutes, or overnight for maximum flavor.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Frying

Heat vegetable oil in a skillet over medium-high heat. Remove the pork chops from the marinade, allowing any excess marinade to drip off, and add them to the skillet. Cook for about 4-5 minutes on each side, or until cooked through and caramelized.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Remove the pork chops from the skillet and let them rest for a few minutes. Garnish with sliced green onions and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 15 g

Protein: 40 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	1 g	2.63%	4%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	15 g	53.57%	60%
Cholesterol	120 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	25 mg	227.27%	312.5%
Selenium	50 mcg	90.91%	90.91%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

French

American

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Dinner

Events

Picnic

Course

Appetizers

Main Dishes

Side Dishes

Desserts

Drinks

Breads

Salads

Soups

Difficulty Level

Easy

Visit our website: healthdor.com