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Easy Teriyaki Chops ♦♦

A delicious and easy recipe for teriyaki chops. The chops are marinated in a flavorful teriyaki sauce and then grilled to perfection. Serve with rice and steamed vegetables for a complete meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	pork chops
6 tbsp	teriyaki sauce
2 cloves	garlic
1 tsp	Ginger
2 tbsp	soy sauce

2 tbsp	honey
2 tbsp	vegetable oil
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Mixing

In a bowl, mix together the teriyaki sauce, minced garlic, grated ginger, soy sauce, honey, vegetable oil, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Resting

Place the pork chops in a shallow dish and pour the marinade over them. Let them marinate for at least 30 minutes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Preheating

Preheat the grill to medium-high heat. Remove the pork chops from the marinade and discard the marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

Grill the pork chops for about 8-10 minutes per side, or until cooked through.

Prep Time: 0 mins

Cook Time: 16 mins

Step 5

Resting

Remove the pork chops from the grill and let them rest for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Serving

Serve the teriyaki chops with rice and steamed vegetables.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 30 g

Carbohydrates: 8 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	1 g	2.63%	4%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	75 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	8 mg	100%	44.44%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Events

Picnic

Kitchen Tools

Microwave

Cooking Method

Grilling Frying Baking Boiling Steaming Microwaving Blanching
 Sautéing Roasting Smoking Curing Blending Grinding Freezing
 Canning Drying Pickling Sous Vide

Meal Type

Lunch Supper

Difficulty Level

Easy

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