



Apricot-Glazed Pork Chops With Honey-Mustard Carrots

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 16 ounce carrots
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 2 tablespoons dijon honey mustard
- ☐ 16 ounce pork loin chops boneless (1/)

Equipment

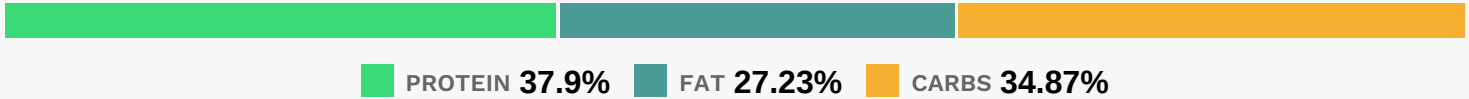
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Place carrots in a medium saucepan; cover with water.
- ☐ Place over high heat; bring to a boil. Reduce heat; simmer uncovered 67 minutes or until tender.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium heat until hot. Meanwhile, sprinkle salt and freshly ground black pepper, both to taste, over pork chops.
- ☐ Add chops to preheated skillet, and cook them 4 minutes per side, or until barely pink in the center.
- ☐ Combine preserves and ginger; add to skillet with chops. Cook until preserves are bubbly and hot, turning chops once to coat with glaze.
- ☐ Reserve 2 tablespoons of the carrot cooking liquid.
- ☐ Drain carrots; return to same saucepan and toss with honey mustard.
- ☐ Add reserved cooking liquid and mix well; season with salt and freshly ground black pepper, both to taste.
- ☐ Serve carrots alongside chops.

Nutrition Facts



Properties

Glycemic Index:15.46, Glycemic Load:3.62, Inflammation Score:-10, Nutrition Score:21.836521874303%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 273.84kcal (13.69%), Fat: 8.18g (12.58%), Saturated Fat: 2.82g (17.61%), Carbohydrates: 23.56g (7.85%), Net Carbohydrates: 20.32g (7.39%), Sugar: 13.31g (14.79%), Cholesterol: 75.98mg (25.33%), Sodium: 176.22mg

(7.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.61g (51.23%), Vitamin A: 18979.13IU (379.58%), Vitamin B1: 0.83mg (55.43%), Selenium: 37.95µg (54.22%), Vitamin B3: 10.19mg (50.93%), Vitamin B6: 0.98mg (49.22%), Phosphorus: 296.75mg (29.68%), Potassium: 801.38mg (22.9%), Vitamin B2: 0.28mg (16.42%), Vitamin K: 14.97µg (14.26%), Zinc: 2.04mg (13.61%), Fiber: 3.24g (12.96%), Vitamin B5: 1.14mg (11.39%), Magnesium: 44.11mg (11.03%), Vitamin B12: 0.6µg (10.02%), Vitamin C: 8.04mg (9.75%), Manganese: 0.18mg (8.92%), Copper: 0.13mg (6.58%), Vitamin E: 0.92mg (6.12%), Iron: 0.99mg (5.48%), Folate: 21.8µg (5.45%), Calcium: 48.48mg (4.85%), Vitamin D: 0.45µg (3.02%)