



## Apricot-Hoisin Pork Chops with Somen

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 ounces angel hair pasta uncooked (wheat noodles)
- ☐ 0.5 cup apricot preserves
- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons sesame oil dark
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon hoisin sauce
- ☐ 16 ounce center-cut loin pork chops boneless ( 1/)
- ☐ 0.3 teaspoon salt

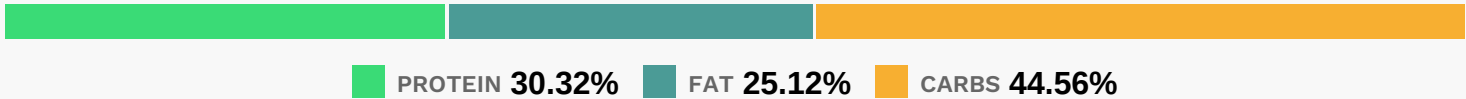
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

# Directions

- ☐ Cook noodles according to package directions.
- ☐ While noodles cook, combine broth, preserves, and hoisin in a medium bowl, stirring with a whisk.
- ☐ Heat sesame oil in a large skillet over medium-high heat.
- ☐ Sprinkle pork chops with salt and pepper.
- ☐ Add pork to pan; cook 2 minutes on each side or until browned.
- ☐ Add broth mixture; bring to a boil, and cook until sauce is reduced to 1/2 cup (about 8 minutes).
- ☐ Serve over noodles.

# Nutrition Facts



# Properties

Glycemic Index:18.5, Glycemic Load:8.53, Inflammation Score:-3, Nutrition Score:16.694347868795%

# Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

# Nutrients (% of daily need)

Calories: 380.44kcal (19.02%), Fat: 10.55g (16.22%), Saturated Fat: 3.17g (19.8%), Carbohydrates: 42.1g (14.03%), Net Carbohydrates: 40.96g (14.89%), Sugar: 14.73g (16.36%), Cholesterol: 76.1mg (25.37%), Sodium: 394.18mg (17.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.64g (57.28%), Selenium: 56.75µg (81.07%), Vitamin B1: 0.78mg (52.28%), Vitamin B3: 9.76mg (48.79%), Vitamin B6: 0.88mg (43.81%), Phosphorus: 315.59mg (31.56%),

Manganese: 0.31mg (15.47%), Potassium: 523.93mg (14.97%), Zinc: 2.2mg (14.64%), Vitamin B2: 0.25mg (14.6%), Magnesium: 47.15mg (11.79%), Vitamin B12: 0.66µg (10.96%), Vitamin B5: 0.99mg (9.91%), Copper: 0.19mg (9.36%), Iron: 1.17mg (6.52%), Fiber: 1.14g (4.56%), Vitamin C: 2.62mg (3.17%), Vitamin D: 0.45µg (3.02%), Calcium: 22.86mg (2.29%), Vitamin E: 0.26mg (1.72%), Folate: 6.62µg (1.66%), Vitamin A: 66.09IU (1.32%)