

Apricot Pork Chops

 Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apricot preserves
- 1 ounce onion soup mix dry
- 6 pork chops
- 10 ounces salad dressing russian-style

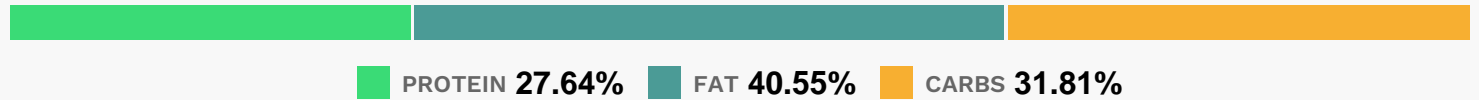
Equipment

- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place the pork chops into a casserole dish.
- Mix onion soup mix, Russian dressing and apricot preserves together.
- Pour mixture over chops and bake for 1 hour.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:17.86521737893%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 430.37kcal (21.52%), Fat: 19.36g (29.79%), Saturated Fat: 4.68g (29.28%), Carbohydrates: 34.19g (11.4%), Net Carbohydrates: 33.76g (12.27%), Sugar: 22.44g (24.93%), Cholesterol: 89.78mg (29.93%), Sodium: 928.74mg (40.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.7g (59.4%), Selenium: 46.32µg (66.18%), Vitamin B1: 0.92mg (61.09%), Vitamin B3: 10.85mg (54.25%), Vitamin B6: 1.04mg (51.92%), Phosphorus: 321.08mg (32.11%), Vitamin K: 26.53µg (25.26%), Potassium: 603.94mg (17.26%), Vitamin B2: 0.27mg (15.85%), Zinc: 2.19mg (14.58%), Vitamin B12: 0.71µg (11.84%), Magnesium: 41.61mg (10.4%), Vitamin B5: 1.02mg (10.22%), Vitamin E: 1.27mg (8.44%), Copper: 0.14mg (7.01%), Iron: 1.05mg (5.81%), Vitamin C: 3.82mg (4.63%), Vitamin D: 0.54µg (3.57%), Manganese: 0.07mg (3.56%), Calcium: 30.17mg (3.02%), Vitamin A: 103.91IU (2.08%), Fiber: 0.43g (1.72%)