



Apricot Pork Chops



Gluten Free



Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 2 teaspoons bottled garlic minced
- ☐ 0.3 cup green onions sliced
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.3 cup prechopped onion
- ☐ 16 ounce loin pork chops boneless
- ☐ 0.3 teaspoon salt

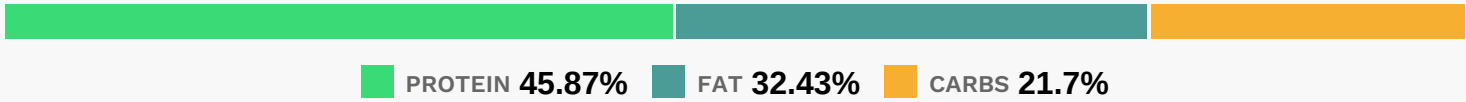
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork to pan; cook 6 minutes on each side or until done.
- ☐ Remove from pan; keep warm.
- ☐ Add prechopped onion to pan; saut 4 minutes or until lightly browned. Stir in preserves, soy sauce, garlic, and salt; cook 3 minutes or until thickened.
- ☐ Add pork to pan, turning to coat.
- ☐ Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:14.575217604637%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 223.56kcal (11.18%), Fat: 7.95g (12.22%), Saturated Fat: 2.79g (17.43%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 11.51g (4.19%), Sugar: 7.03g (7.81%), Cholesterol: 75.98mg (25.33%), Sodium: 351.51mg (15.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.29g (50.57%), Selenium: 38.29µg (54.7%), Vitamin B1: 0.77mg (51.4%), Vitamin B3: 9.17mg (45.86%), Vitamin B6: 0.88mg (43.97%), Phosphorus: 272.4mg (27.24%), Potassium: 490.35mg (14.01%), Vitamin B2: 0.23mg (13.71%), Zinc: 1.87mg (12.46%), Vitamin K: 13.02µg (12.4%), Vitamin B12: 0.6µg (10.02%), Magnesium: 35.71mg (8.93%), Vitamin B5: 0.87mg (8.72%), Copper: 0.1mg (4.85%), Vitamin C: 4mg (4.84%), Manganese: 0.1mg (4.79%), Iron: 0.85mg (4.73%), Vitamin D: 0.45µg (3.02%), Calcium: 23.51mg (2.35%), Folate: 7.88µg (1.97%), Vitamin A: 97.59IU (1.95%), Fiber: 0.46g (1.83%), Vitamin E: 0.22mg (1.48%)