



## Asian Marinated Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 32 ounce pork chops bone-in thin ( 1/)
- 2 tablespoons brown sugar
- 2 tablespoons cilantro leaves fresh chopped for garnish
- 3 cloves garlic minced
- 1 tablespoon ginger minced
- 2 green onions sliced
- 1 juice of orange
- 2 tablespoons rice vinegar

- 2 teaspoons sesame oil
- 1 tablespoon sriracha
- 0.3 cup vegetable oil

## Equipment

- food processor
- frying pan
- oven
- pot
- ziploc bags

## Directions

- Place 1/4 cup vegetable oil, sugar, vinegar, ginger, sriracha, sesame oil, garlic and orange juice and zest in a food processor and process for 15 seconds.
- Put the pork chops in a heavy-duty resealable plastic bag.
- Add half of the marinade and reserve the other half until serving. Squeeze out the air, seal and move the chops around in the bag to coat evenly. Marinate in the refrigerator at least 30 minutes, and up to 8 hours. Preheat the oven to 375 degrees F.
- Remove the chops from the bag.
- Place the reserved marinade in a small saucepot. Bring to a boil to reduce and thicken the sauce a bit, about 2 minutes.
- Heat large stainless saute pan over medium-high heat and add the remaining 1 teaspoon oil. Brown the chops in the hot pan, 1 to 2 minutes per side.
- Place the saute pan in the oven and cook until done (155 degrees F internal temperature).
- Serve with a spoonful of the glaze, with cilantro and sliced green onions sprinkled on top.

## Nutrition Facts



## Properties

Glycemic Index:52.75, Glycemic Load:1.14, Inflammation Score:-4, Nutrition Score:21.206956174063%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

## Nutrients (% of daily need)

Calories: 465.36kcal (23.27%), Fat: 31.06g (47.79%), Saturated Fat: 7.47g (46.66%), Carbohydrates: 9.01g (3%), Net Carbohydrates: 8.73g (3.17%), Sugar: 7.32g (8.13%), Cholesterol: 117.37mg (39.12%), Sodium: 183.1mg (7.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.64g (71.29%), Selenium: 57.99µg (82.84%), Vitamin B6: 1.23mg (61.69%), Vitamin B3: 11.4mg (56.98%), Vitamin B1: 0.85mg (56.53%), Vitamin K: 38.5µg (36.67%), Phosphorus: 365.32mg (36.53%), Zinc: 3.08mg (20.54%), Vitamin B2: 0.34mg (19.81%), Potassium: 660.14mg (18.86%), Vitamin B12: 0.9µg (15.03%), Vitamin C: 11.9mg (14.43%), Vitamin B5: 1.26mg (12.6%), Magnesium: 47.52mg (11.88%), Vitamin E: 1.4mg (9.34%), Iron: 1.31mg (7.26%), Copper: 0.13mg (6.7%), Vitamin D: 0.85µg (5.67%), Calcium: 48.49mg (4.85%), Manganese: 0.08mg (3.8%), Vitamin A: 118.99IU (2.38%), Folate: 8.98µg (2.24%), Fiber: 0.28g (1.13%)