



Awesome Honey Pecan Pork Chops

READY IN



25 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds pork loin boneless thin
- ☐ 2 tablespoons butter
- ☐ 0.5 cup flour all-purpose for coating
- ☐ 0.3 cup honey
- ☐ 0.3 cup pecans chopped
- ☐ 4 servings salt and pepper to taste

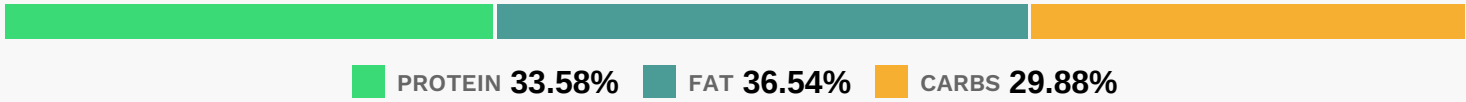
Equipment

- ☐ frying pan

Directions

- ☐ In a shallow dish, mix together flour, salt and pepper. Dredge pork cutlets in the flour mixture.
- ☐ In a large skillet, melt butter over medium-high heat.
- ☐ Add chops, and brown both sides.
- ☐ Transfer to a warm plate.
- ☐ Mix honey and pecans into the pan drippings.
- ☐ Heat through, stirring constantly.
- ☐ Pour sauce over cutlets.

Nutrition Facts



Properties

Glycemic Index:46.82, Glycemic Load:17.76, Inflammation Score:-4, Nutrition Score:18.05739161113%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 405.66kcal (20.28%), Fat: 16.49g (25.37%), Saturated Fat: 5.81g (36.33%), Carbohydrates: 30.33g (10.11%), Net Carbohydrates: 29.21g (10.62%), Sugar: 17.71g (19.68%), Cholesterol: 104.35mg (34.78%), Sodium: 309.42mg (13.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.1g (68.2%), Selenium: 45.06µg (64.37%), Vitamin B6: 1.1mg (54.83%), Vitamin B1: 0.8mg (53.06%), Vitamin B3: 9.17mg (45.87%), Phosphorus: 357.21mg (35.72%), Manganese: 0.44mg (22.02%), Vitamin B2: 0.36mg (21.27%), Zinc: 3.02mg (20.15%), Potassium: 587.52mg (16.79%), Magnesium: 49.1mg (12.28%), Vitamin B12: 0.73µg (12.25%), Vitamin B5: 1.21mg (12.05%), Iron: 1.75mg (9.75%), Copper: 0.19mg (9.71%), Folate: 30.73µg (7.68%), Fiber: 1.12g (4.47%), Vitamin D: 0.57µg (3.78%), Vitamin A: 178.74IU (3.57%), Vitamin E: 0.45mg (3.01%), Calcium: 17.27mg (1.73%)