



Baked Pork Chops II

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



90 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce tomato sauce canned
- 2 tablespoons brown sugar dark
- 0.5 teaspoon mustard dry
- 0.5 teaspoon ground pepper black
- 1 tablespoon juice of lemon fresh
- 3 tablespoons olive oil
- 4 pork chops thick cut boneless
- 0.5 teaspoon salt

0.3 cup water

Equipment

bowl

frying pan

oven

baking pan

Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat olive oil in a medium skillet over medium heat.

Place pork chops in the skillet, and brown about 5 minutes on each side.

Remove from heat.

In a small bowl, mix brown sugar, salt, pepper, and dry mustard.

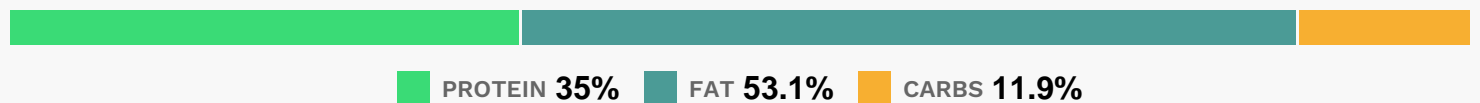
Arrange pork chops in a medium baking dish.

Sprinkle with lemon juice, season with brown sugar mixture, and cover with tomato sauce.

Pour water into the baking dish.

Cover, and bake 1 hour in the preheated oven, to an internal temperature of 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:1.25, Inflammation Score:-4, Nutrition Score:18.848260801771%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 343.05kcal (17.15%), Fat: 20.12g (30.95%), Saturated Fat: 4.77g (29.82%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 8.97g (3.26%), Sugar: 8.46g (9.4%), Cholesterol: 89.78mg (29.93%), Sodium: 693.7mg (30.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.84g (59.68%), Selenium: 45.39µg (64.84%), Vitamin B1: 0.91mg (60.93%), Vitamin B3: 11.43mg (57.15%), Vitamin B6: 1.05mg (52.41%), Phosphorus: 324.98mg (32.5%), Potassium: 727.49mg (20.79%), Vitamin E: 2.73mg (18.18%), Vitamin B2: 0.3mg (17.39%), Zinc: 2.26mg (15.05%), Vitamin B5: 1.21mg (12.12%), Magnesium: 47.74mg (11.94%), Vitamin B12: 0.71µg (11.84%), Copper: 0.17mg (8.37%), Iron: 1.5mg (8.36%), Vitamin K: 8.73µg (8.31%), Vitamin C: 6.43mg (7.79%), Manganese: 0.13mg (6.41%), Vitamin A: 313.91IU (6.28%), Fiber: 1.17g (4.67%), Vitamin D: 0.54µg (3.57%), Calcium: 27.01mg (2.7%), Folate: 7.64µg (1.91%)