



Baked Soy Lemon Chops



Gluten Free



Dairy Free



Popular

READY IN



110 min.

SERVINGS



4

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cloves garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 tablespoons juice of lemon
- ☐ 4 pork chops
- ☐ 0.5 cup soya sauce
- ☐ 1 teaspoon vegetable oil
- ☐ 1 tablespoon worcestershire sauce

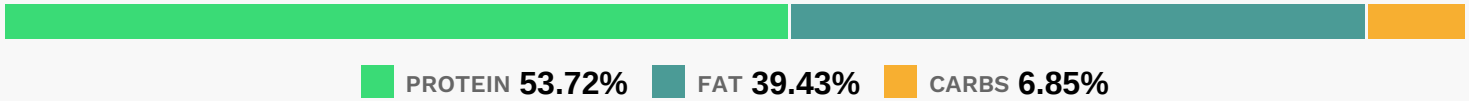
Equipment

- ☐ oven
- ☐ roasting pan

Directions

- ☐ In a shallow dish, combine soy sauce, Worcestershire sauce, garlic, lemon juice, pepper and oil.
- ☐ Add pork chops, and turn to coat evenly. Cover, and refrigerate for at least 1 hour.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Place marinated pork chops in a roasting pan, and bake in preheated oven for 35 to 40 minutes, basting meat often with marinade.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.52, Inflammation Score:-3, Nutrition Score:17.688260890867%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 245.07kcal (12.25%), Fat: 10.49g (16.15%), Saturated Fat: 3.47g (21.67%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 3.72g (1.35%), Sugar: 1.14g (1.27%), Cholesterol: 89.78mg (29.93%), Sodium: 1740.14mg (75.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.17g (64.34%), Selenium: 45.05µg (64.36%), Vitamin B1: 0.92mg (61.46%), Vitamin B3: 11.91mg (59.55%), Vitamin B6: 1.07mg (53.61%), Phosphorus: 348.67mg (34.87%), Vitamin B2: 0.3mg (17.79%), Potassium: 618.38mg (17.67%), Zinc: 2.25mg (15.01%), Magnesium: 48.62mg (12.15%), Manganese: 0.24mg (11.85%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.11mg (11.14%), Iron: 1.67mg (9.26%), Copper: 0.14mg (6.81%), Vitamin C: 4.39mg (5.32%), Vitamin D: 0.54µg (3.57%), Calcium: 26.72mg (2.67%), Vitamin K: 2.57µg (2.45%), Vitamin E: 0.29mg (1.91%), Folate: 7.19µg (1.8%), Fiber: 0.38g (1.52%)