



WHATSheATE



Bone-In Pork Milanese with Soy-Honey Glaze



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 4 servings canola oil
- ☐ 4 servings green onions chopped for garnish
- ☐ 0.5 cup honey
- ☐ 4 servings soy-honey glaze
- ☐ 4 center cut pork chops bone-in thin
- ☐ 1 pinch pepper flakes red
- ☐ 1 tablespoon rice wine vinegar

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 large shallots thinly sliced
- ☐ 0.5 cup soya sauce

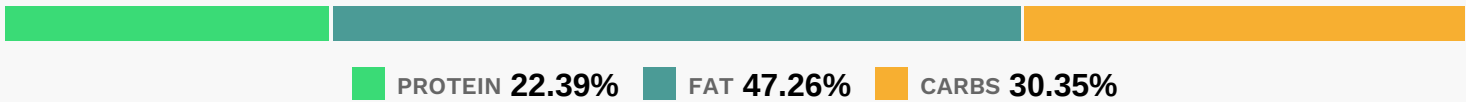
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil in a small saucepan over medium heat.
- ☐ Add the shallot and cook until soft. Stir in the red pepper flakes and cook for 30 seconds.
- ☐ Deglaze the pan with rice wine vinegar, and then stir in the honey and soy and cook until just heated through.
- ☐ Remove from the heat and season with pepper, to taste.
- ☐ Transfer to a bowl and let cool to room temperature.
- ☐ Heat the grill to high.
- ☐ Brush the chops with oil on both sides and season with salt and pepper. Grill until golden brown on both sides, and just cooked through, brushing with some of the glaze, about 3 minutes per side.
- ☐ Remove to a platter, brush with more of the glaze and garnish with green onions.

Nutrition Facts



Properties

Glycemic Index:65.89, Glycemic Load:21.78, Inflammation Score:-3, Nutrition Score:19.943912837816%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 568.3kcal (28.42%), Fat: 30.35g (46.7%), Saturated Fat: 4.84g (30.23%), Carbohydrates: 43.87g (14.62%), Net Carbohydrates: 43.15g (15.69%), Sugar: 41.67g (46.3%), Cholesterol: 89.78mg (29.93%), Sodium: 1688.45mg (73.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.35g (64.71%), Selenium: 45.12µg (64.46%), Vitamin B1: 0.92mg (61.21%), Vitamin B3: 11.96mg (59.79%), Vitamin B6: 1.07mg (53.44%), Phosphorus: 348.88mg (34.89%), Vitamin K: 27.63µg (26.32%), Vitamin E: 3.9mg (25.97%), Vitamin B2: 0.32mg (18.66%), Potassium: 626.31mg (17.89%), Zinc: 2.36mg (15.74%), Magnesium: 50.19mg (12.55%), Vitamin B12: 0.71µg (11.84%), Manganese: 0.24mg (11.84%), Vitamin B5: 1.14mg (11.41%), Iron: 1.75mg (9.7%), Copper: 0.14mg (7.21%), Vitamin D: 0.54µg (3.57%), Folate: 12.2µg (3.05%), Fiber: 0.72g (2.88%), Calcium: 25.54mg (2.55%), Vitamin C: 1.88mg (2.27%), Vitamin A: 73.39IU (1.47%)