

Broiled Pork Chops

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

READY IN



35 min.

SERVINGS



6

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons brown sugar
- 0.5 teaspoon chili powder
- 0.1 teaspoon ground pepper black
- 0.8 cup catsup
- 0.5 teaspoon paprika
- 4.5 inch pork chops thick
- 1 teaspoon salt
- 0.8 cup water

- 2 tablespoons distilled vinegar white
- 1 tablespoon worcestershire sauce

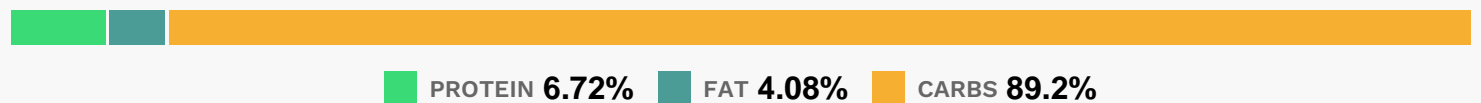
Equipment

- frying pan
- sauce pan
- broiler

Directions

- In a medium saucepan, combine the ketchup, water, vinegar, Worcestershire sauce, brown sugar, salt, paprika, chili powder and pepper. Bring to a boil. Reduce heat to low, and simmer for 5 minutes, stirring occasionally. Set aside half of the sauce.
- Preheat broiler.
- Brush both sides of the chops with sauce.
- Place chops on broiling pan rack. Broil about 4 inches from the heat for 4 minutes on each side.
- Brush with more sauce. Continue broiling, turning and basting every 3 to 4 minutes, until juices run clear.
- Serve with reserved sauce.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:1.8400000089213%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 42.51kcal (2.13%), Fat: 0.21g (0.32%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 10.27g (3.42%), Net Carbohydrates: 10.06g (3.66%), Sugar: 8g (8.89%), Cholesterol: 1.28mg (0.43%), Sodium: 702.24mg (30.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.55%), Vitamin A: 287.95IU (5.76%), Vitamin E: 0.56mg

(3.7%), Vitamin B2: 0.06mg (3.57%), Potassium: 123.64mg (3.53%), Vitamin B6: 0.07mg (3.45%), Vitamin B3: 0.64mg (3.2%), Manganese: 0.05mg (2.27%), Copper: 0.04mg (2.08%), Vitamin C: 1.6mg (1.94%), Iron: 0.35mg (1.93%), Phosphorus: 15.16mg (1.52%), Magnesium: 5.86mg (1.46%), Selenium: 0.94µg (1.35%), Vitamin B1: 0.02mg (1.27%), Vitamin K: 1.31µg (1.24%), Calcium: 11.34mg (1.13%)