



Cheese & onion pork chops

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pork chops
- ☐ 2 tsp olive oil
- ☐ 1 tsp mustard english
- ☐ 4 tbsp caramelised onions
- ☐ 50 g cheshire cheese grated
- ☐ 1 tsp thyme leaves chopped

Equipment

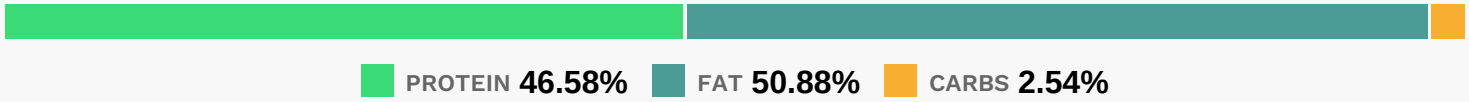
- ☐ grill

☐ grill pan

Directions

- ☐ Heat grill to high, then place the chops on a grill pan, rub with oil and season. Grill for about 6 mins on each side, until golden.
- ☐ Spread a little mustard over one side of each chop, then top with 1 tbsp onions.
- ☐ Mix the cheese and thyme, sprinkle over the chops, then grill until golden and bubbly.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:16.452608681243%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 282.73kcal (14.14%), Fat: 15.54g (23.9%), Saturated Fat: 6.04g (37.78%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.55g (0.56%), Sugar: 0.59g (0.65%), Cholesterol: 102.65mg (34.22%), Sodium: 258.53mg (11.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.01g (64.02%), Selenium: 46.22µg (66.02%), Vitamin B1: 0.9mg (59.9%), Vitamin B3: 10.73mg (53.66%), Vitamin B6: 1mg (49.9%), Phosphorus: 363.95mg (36.4%), Vitamin B2: 0.29mg (17%), Zinc: 2.45mg (16.32%), Potassium: 527.54mg (15.07%), Vitamin B12: 0.81µg (13.5%), Vitamin B5: 0.99mg (9.87%), Magnesium: 38.78mg (9.7%), Calcium: 92.89mg (9.29%), Iron: 0.76mg (4.24%), Copper: 0.08mg (4%), Vitamin D: 0.54µg (3.57%), Vitamin E: 0.5mg (3.33%), Vitamin K: 1.39µg (1.33%), Manganese: 0.03mg (1.29%), Vitamin C: 1.06mg (1.29%), Folate: 4.24µg (1.06%)