

Cola Pork Chops



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



8

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons brown sugar
- 1 cup coca-cola
- 1 cup catsup
- 8 pork chops
- 8 servings salt and pepper to taste

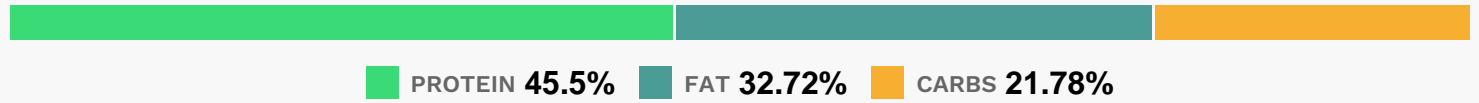
Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix together the ketchup, cola and brown sugar.
- Place pork chops into a baking pan and pour cola mixture over, coating well.
- Sprinkle with salt and pepper.
- Bake for about one hour depending on the thickness of the pork chop.

Nutrition Facts



Properties

Glycemic Index:7.88, Glycemic Load:1.78, Inflammation Score:-3, Nutrition Score:16.066956538221%

Flavonoids

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

Nutrients (% of daily need)

Calories: 260.32kcal (13.02%), Fat: 9.34g (14.36%), Saturated Fat: 3.29g (20.55%), Carbohydrates: 13.98g (4.66%), Net Carbohydrates: 13.89g (5.05%), Sugar: 11.95g (13.27%), Cholesterol: 89.78mg (29.93%), Sodium: 532.23mg (23.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.21g (58.43%), Selenium: 44.63µg (63.76%), Vitamin B1: 0.9mg (59.81%), Vitamin B3: 11.14mg (55.68%), Vitamin B6: 1.02mg (51.07%), Phosphorus: 313.71mg (31.37%), Vitamin B2: 0.3mg (17.51%), Potassium: 588.74mg (16.82%), Zinc: 2.14mg (14.24%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 0.99mg (9.92%), Magnesium: 39.01mg (9.75%), Copper: 0.1mg (5.12%), Iron: 0.83mg (4.61%), Vitamin E: 0.61mg (4.08%), Vitamin D: 0.54µg (3.57%), Vitamin A: 159.26IU (3.19%), Manganese: 0.04mg (2.1%), Calcium: 17.08mg (1.71%), Vitamin C: 1.23mg (1.49%)