



Curried Apricot Pork

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

READY IN



20 min.

SERVINGS



4

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons balsamic vinegar
- 1 teaspoon curry powder
- 0.1 teaspoon ground pepper red
- 16 ounce center-cut loin pork chops boneless (1/)
- 0.1 teaspoon salt
- 0.3 teaspoon salt
- 0.3 cup apricot fruit spread (such as Polaner)
- 0.5 cup water

Equipment

frying pan

Directions

Combine first 4 ingredients; set aside.

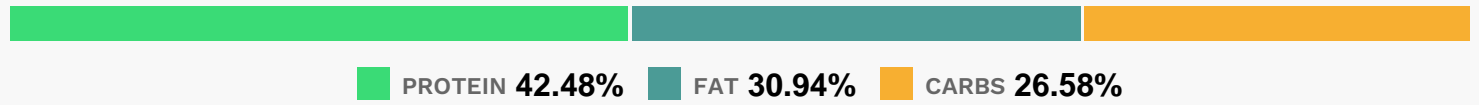
Combine curry powder, 1/4 teaspoon salt, and red pepper; rub curry mixture on both sides of pork. Coat pork with cooking spray.

Place a large nonstick skillet over medium heat until hot; add pork, and cook 7 minutes on each side or until done.

Remove pork from pan; keep warm.

Increase heat to high; add apricot mixture. Bring to a boil. Cook, stirring constantly, 2 minutes or until reduced to 1/4 cup. Spoon apricot mixture over pork.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:8.15, Inflammation Score:-2, Nutrition Score:13.371304408364%

Nutrients (% of daily need)

Calories: 238.87kcal (11.94%), Fat: 7.96g (12.25%), Saturated Fat: 2.79g (17.46%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 14.98g (5.45%), Sugar: 10.7g (11.89%), Cholesterol: 75.98mg (25.33%), Sodium: 281.58mg (12.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.6g (49.2%), Selenium: 38.05µg (54.36%), Vitamin B1: 0.76mg (50.75%), Vitamin B3: 9.09mg (45.44%), Vitamin B6: 0.83mg (41.74%), Phosphorus: 262.72mg (26.27%), Vitamin B2: 0.23mg (13.41%), Potassium: 451.16mg (12.89%), Zinc: 1.8mg (11.98%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.83mg (8.29%), Magnesium: 32.3mg (8.07%), Copper: 0.09mg (4.73%), Iron: 0.84mg (4.69%), Vitamin D: 0.45µg (3.02%), Vitamin C: 1.97mg (2.39%), Manganese: 0.04mg (2.15%), Vitamin E: 0.3mg (2.01%), Fiber: 0.42g (1.67%), Calcium: 16.37mg (1.64%)