



## Curried Pork Chops with Mango Sauce

 **Gluten Free**  **Dairy Free**

READY IN



**18 min.**

SERVINGS



**4**

CALORIES



**215 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon curry powder
- 0.3 cup less-sodium chicken broth fat-free
- 1 teaspoon honey
- 2 tablespoons juice of lime fresh
- 0.5 cup mangos diced peeled ( )
- 2 teaspoons olive oil
- 16 ounce loin pork chops boneless ( 1/)
- 0.1 teaspoon salt

0.5 teaspoon salt

## Equipment

food processor

bowl

frying pan

sieve

spatula

## Directions

Combine first 7 ingredients in a food processor; process until smooth. Strain mixture through a sieve into a small bowl; discard solids. Set mango sauce aside.

Sprinkle chops with 1/2 teaspoon salt and 1/2 teaspoon curry powder.

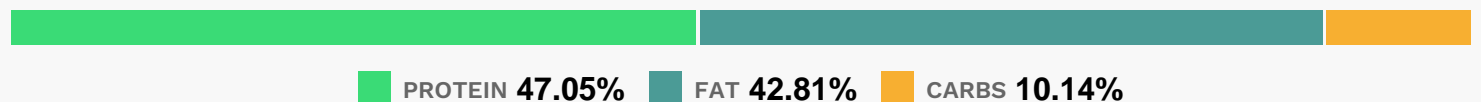
Heat a large nonstick skillet coated with cooking spray over medium-high heat.

Add chops to pan; cook 3 minutes on each side or until done.

Serve chops with mango sauce.

Note: To speed up the straining process, use a rubber spatula to press the mango mixture through the sieve.

## Nutrition Facts



## Properties

Glycemic Index:27.26, Glycemic Load:2.19, Inflammation Score:-3, Nutrition Score:14.384347957114%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg,

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## **Nutrients (% of daily need)**

Calories: 214.59kcal (10.73%), Fat: 10.02g (15.42%), Saturated Fat: 3.08g (19.25%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 4.89g (1.78%), Sugar: 4.42g (4.92%), Cholesterol: 75.98mg (25.33%), Sodium: 495.75mg (21.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.78g (49.55%), Selenium: 38.14µg (54.49%), Vitamin B1: 0.77mg (51.06%), Vitamin B3: 9.32mg (46.62%), Vitamin B6: 0.86mg (42.83%), Phosphorus: 263.24mg (26.32%), Potassium: 476.94mg (13.63%), Vitamin B2: 0.22mg (13.18%), Zinc: 1.8mg (12.01%), Vitamin C: 9.79mg (11.87%), Vitamin B12: 0.64µg (10.65%), Vitamin B5: 0.9mg (8.98%), Magnesium: 33.01mg (8.25%), Copper: 0.09mg (4.75%), Vitamin A: 233.91IU (4.68%), Vitamin E: 0.69mg (4.62%), Iron: 0.73mg (4.05%), Vitamin D: 0.45µg (3.02%), Folate: 10.23µg (2.56%), Vitamin K: 2.36µg (2.25%), Manganese: 0.04mg (1.87%), Fiber: 0.45g (1.79%), Calcium: 13.56mg (1.36%)