



Dill and Honey Pork Chops



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4.5 inch pork chops bone-in thick
- ☐ 1 tablespoon dill weed dried
- ☐ 2 tablespoons honey

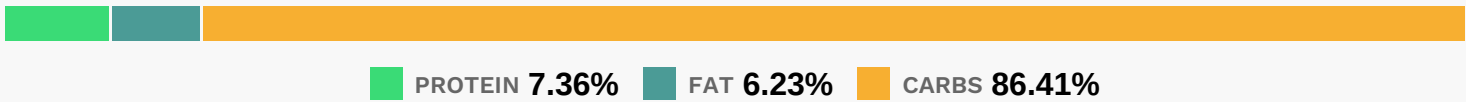
Equipment

- ☐ frying pan

Directions

- ☐
- Heat a skillet over medium heat.
- ☐
- Spread 1/2 teaspoon of honey onto one side of each pork chop.
- ☐
- Sprinkle a pinch of dill over the honey.
- ☐
- Place the pork chops honey side down in the skillet, and coat the top sides of the chops with remaining honey and dill. Cook for 5 minutes on each side, or until browned on the outside, and chops have reached your desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:8.71, Glycemic Load:3.01, Inflammation Score:-1, Nutrition Score:0.54913043360347%

Nutrients (% of daily need)

Calories: 25.78kcal (1.29%), Fat: 0.19g (0.3%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 6.05g (2.02%), Net Carbohydrates: 5.97g (2.17%), Sugar: 5.75g (6.39%), Cholesterol: 1.31mg (0.44%), Sodium: 2.37mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.03%), Iron: 0.29mg (1.59%), Manganese: 0.03mg (1.27%), Vitamin B6: 0.02mg (1.18%)