



Double Orange Glazed Pork Chops

 **Gluten Free**

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup orange juice freshly squeezed
- ☐ 0.3 cup orange marmalade
- ☐ 1 teaspoon salt
- ☐ 32 ounce center-cut bone-in
- ☐ 3 tablespoons butter unsalted
- ☐ 4 tablespoons vegetable oil

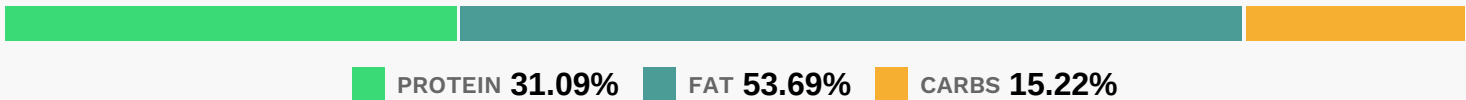
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ In a small bowl, mix together the orange juice and marmalade.
- ☐ Heat the butter and vegetable oil in a large skillet over medium heat. Season the pork chops with the salt and pepper.
- ☐ Add the chops and cook, turning once, until just cooked through, 6 to 8 minutes total.
- ☐ Transfer the chops to a platter and cover loosely with aluminum foil.
- ☐ Pour off all but 3 tablespoons of drippings from the skillet and add the orange juice mixture. Raise the heat to medium-high and stir, scraping up the brown bits on the bottom of the pan, until the sauce is reduced and slightly syrupy, 6 to 8 minutes. Return the pork chops to the pan, reduce the heat to medium, and cook, turning the pork chops a few times in the sauce.
- ☐ Transfer the chops to serving dishes and drizzle with some of the sauce.
- ☐ Pour the remaining sauce into a bowl and serve alongside the chops.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:3.3, Inflammation Score:-6, Nutrition Score:29.62260857354%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 640.86kcal (32.04%), Fat: 37.98g (58.44%), Saturated Fat: 13.04g (81.51%), Carbohydrates: 24.21g (8.07%), Net Carbohydrates: 23.87g (8.68%), Sugar: 21.22g (23.57%), Cholesterol: 174.53mg (58.18%), Sodium: 706.97mg (30.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.49g (98.98%), Selenium: 75.4µg (107.72%), Vitamin B1: 1.57mg (104.7%), Vitamin B3: 18.38mg (91.92%), Vitamin B6: 1.68mg (83.85%), Phosphorus:

526.88mg (52.69%), Vitamin C: 32.28mg (39.13%), Potassium: 984.12mg (28.12%), Vitamin B2: 0.45mg (26.39%), Vitamin K: 26.01µg (24.77%), Zinc: 3.57mg (23.8%), Vitamin B12: 1.22µg (20.33%), Vitamin B5: 1.78mg (17.84%), Magnesium: 66.76mg (16.69%), Vitamin E: 1.69mg (11.29%), Copper: 0.18mg (9.1%), Vitamin A: 412.68IU (8.25%), Iron: 1.32mg (7.33%), Vitamin D: 1.06µg (7.1%), Folate: 21.34µg (5.33%), Calcium: 36.26mg (3.63%), Manganese: 0.05mg (2.39%), Fiber: 0.34g (1.37%)