



 31%
HEALTH SCORE

Easy Baked Pork Chop

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

READY IN



45 min.

SERVINGS



3

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tbsp catsup
- 1 tbsp juice of lemon
- 6 medium pork chops
- 1 tbsp soya sauce
- 2 tbsp vegetable oil
- 2 tbsp worcestershire sauce

Equipment

- bowl

- oven
- glass baking pan

Directions

- Heat your oven up to 35
- Mix in a small bowl the soy sauce, worcestershire sauce, ketchup, vegetable oil, and lemon juice together. Rinse your pork chops, and place them in a glass baking dish.
- Place half of your mixture over the top of the pork chops and bake for 30 minutes.
- Remove from oven, turn over pork chops, and cover with the remaining mixture.
- Bake for an additional 30 minutes.You are all done!
- Add a salad, mashed potatoes, and some bread!Simple, Quick, and Easy.JOIN 500,000 SUBSCRIBERS!Join over 500,000 others who follow Pink
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Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:29.714347826087%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Taste

Sweetness: 13.92%, Saltiness: 100%, Sourness: 13.98%, Bitterness: 14.56%, Savoriness: 71.69%, Fattiness: 70.95%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 520.42kcal (26.02%), Fat: 27.7g (42.61%), Saturated Fat: 7.95g (49.71%), Carbohydrates: 5.96g (1.99%), Net Carbohydrates: 5.86g (2.13%), Sugar: 3.78g (4.19%), Cholesterol: 179.56mg (59.85%), Sodium: 713.98mg (31.04%), Protein: 58.52g (117.04%), Selenium: 88.9µg (127%), Vitamin B1: 1.8mg (120.1%), Vitamin B3: 21.89mg (109.45%), Vitamin B6: 1.98mg (98.89%), Phosphorus: 623.63mg (62.36%), Potassium: 1140.02mg (32.57%), Vitamin B2: 0.54mg (31.72%), Zinc: 4.22mg (28.15%), Vitamin B12: 1.42µg (23.67%), Vitamin B5: 1.98mg (19.83%), Magnesium: 75.33mg (18.83%), Vitamin K: 17.13µg (16.31%), Iron: 2.13mg (11.83%), Copper: 0.19mg (9.56%), Vitamin E: 1.27mg (8.48%), Vitamin D: 1.07µg (7.15%), Vitamin C: 3.87mg (4.69%), Calcium: 34.09mg (3.41%), Manganese: 0.06mg (3.03%), Vitamin A: 78.11IU (1.56%)