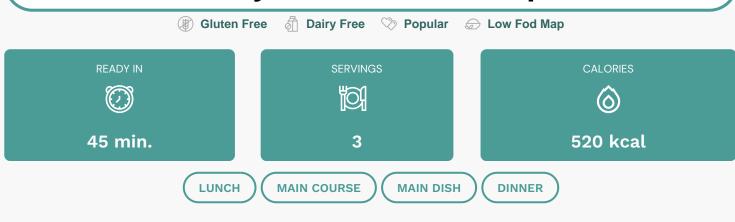


# **Easy Baked Pork Chop**



## **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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	When blog, and email. Sign up to receive exclusive bonuses like this FREE Simple Fit Dinners Ebook.Don't wait! You won't want to miss a thing.Success! Now check your email to confirm your subscription and download your FREE ebook.There was an error submitting your subscription. Please try again.First Name	
	Email	
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Nutrition Facts		
PROTEIN 46.15% FAT 49.15% CARBS 4.7%		
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, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Quercetin: 0.12mg, 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%)