



Easy Maple Pork Chops



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pork chops bone-in
- ☐ 0.5 teaspoon chili powder
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 0.3 cup real maple syrup
- ☐ 0.3 cup onion chopped
- ☐ 0.3 cup water
- ☐ 1 tablespoon vinegar white
- ☐ 1 tablespoon worcestershire sauce

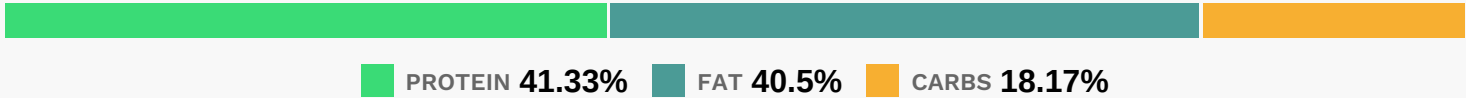
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Heat a skillet over medium-high heat. Sear the pork chops in the preheated skillet until browned, 2 to 3 minutes per side. Arrange seared chops into a casserole dish.
- ☐ Whisk maple syrup, water, onion, vinegar, Worcestershire sauce, chili powder, salt, and pepper together in a bowl to dissolve the chili powder; pour over the pork chops.
- ☐ Bake in preheated oven until the chops are no longer pink in the center, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:5.17, Inflammation Score:-3, Nutrition Score:20.180869799593%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 351.44kcal (17.57%), Fat: 15.35g (23.62%), Saturated Fat: 5.08g (31.78%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 15.22g (5.53%), Sugar: 12.93g (14.36%), Cholesterol: 116.96mg (38.99%), Sodium: 155.63mg (6.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.26g (70.51%), Selenium: 57.44µg (82.05%), Vitamin B6: 1.2mg (59.95%), Vitamin B3: 11.31mg (56.53%), Vitamin B1: 0.84mg (56.24%), Phosphorus: 360.77mg (36.08%), Vitamin B2: 0.59mg (34.51%), Manganese: 0.51mg (25.34%), Zinc: 3.18mg (21.2%), Potassium: 681.55mg (19.47%), Vitamin B12: 0.9µg (14.97%), Magnesium: 48.89mg (12.22%), Vitamin B5: 1.21mg (12.09%), Iron: 1.39mg (7.72%), Calcium:

62.94mg (6.29%), Copper: 0.13mg (6.28%), Vitamin D: 0.85µg (5.65%), Vitamin E: 0.31mg (2.03%), Vitamin A: 88.4IU (1.77%), Vitamin C: 1.29mg (1.57%), Fiber: 0.28g (1.13%)