



HEALTH SCORE

53%

Ginger-Glazed Pork Chops



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



6

CALORIES



1485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 15 pounds pork chops bone-in
- ☐ 1 tablespoon ginger fresh grated
- ☐ 3 garlic cloves minced
- ☐ 6 servings garnish: green onion strips
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon water

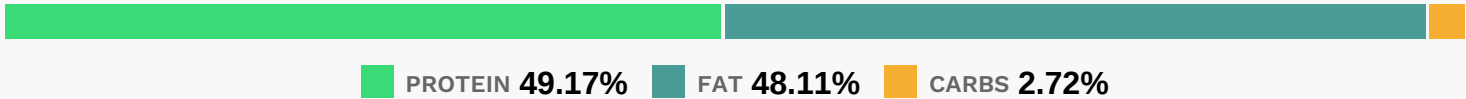
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Place pork chops on a lightly greased rack in a foil-lined roasting pan.
- ☐ Sprinkle evenly with salt.
- ☐ Combine preserves and next 4 ingredients.
- ☐ Spread evenly over pork chops.
- ☐ Bake at 425 for 8 to 10 minutes or until a meat thermometer inserted in thickest portion registers 15
- ☐ Remove from oven; cover and let stand 10 minutes or until thermometer registers 16
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.28, Inflammation Score:-7, Nutrition Score:48.165217295937%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 1484.52kcal (74.23%), Fat: 76.86g (118.24%), Saturated Fat: 25.46g (159.14%), Carbohydrates: 9.78g (3.26%), Net Carbohydrates: 9.5g (3.46%), Sugar: 5.93g (6.59%), Cholesterol: 586.84mg (195.61%), Sodium: 835.89mg (36.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 176.77g (353.54%), Selenium: 288.01µg

(411.44%), Vitamin B6: 5.96mg (298.03%), Vitamin B3: 56.47mg (282.34%), Vitamin B1: 4.13mg (275.55%), Phosphorus: 1786.72mg (178.67%), Zinc: 15.12mg (100.8%), Vitamin B2: 1.62mg (95.4%), Potassium: 2961.1mg (84.6%), Vitamin B12: 4.51µg (75.13%), Vitamin B5: 6.02mg (60.17%), Magnesium: 216.45mg (54.11%), Iron: 5.62mg (31.2%), Vitamin D: 4.25µg (28.35%), Copper: 0.57mg (28.28%), Calcium: 172.24mg (17.22%), Vitamin K: 12.45µg (11.85%), Vitamin E: 1.07mg (7.17%), Manganese: 0.12mg (5.88%), Vitamin C: 2.81mg (3.41%), Vitamin A: 137.93IU (2.76%), Folate: 4.68µg (1.17%), Fiber: 0.27g (1.1%)