



## Gingered Pork Chops in Orange Juice

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon brandy
- 0.3 cup flour all-purpose
- 2 teaspoons ground ginger
- 0.5 teaspoon pepper black
- 4 tablespoons olive oil
- 1 onion halved thinly sliced
- 1.5 cups orange juice
- 4 pork chops thick cut

4 servings salt to taste

## Equipment

frying pan

oven

casserole dish

ziploc bags

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place the flour, ginger, salt and pepper into a paper or plastic bag.

Put the chops in the bag, and shake to coat.

Heat oil in a frying pan over medium-high heat. Brown pork chops in the hot oil on both sides.

Transfer the chops to a casserole dish.

Place the onion in the hot frying pan, and cook until limp.

Pour the brandy into the pan, and stir to incorporate any bits of food that may be stuck to the pan.

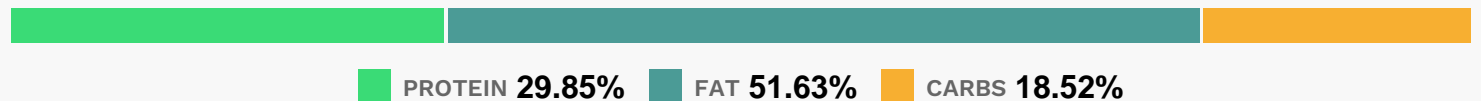
Pour the onion and juices over the pork chops in the dish.

Pour the orange juice into the casserole as well.

Cover and bake for 45 minutes, or until chops are no longer pink.

Serve with the orange sauce from the dish.

## Nutrition Facts



## Properties

Glycemic Index:50.25, Glycemic Load:9.84, Inflammation Score:-6, Nutrition Score:22.823913211408%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

## **Nutrients (% of daily need)**

Calories: 425.39kcal (21.27%), Fat: 23.64g (36.37%), Saturated Fat: 5.29g (33.07%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 18.01g (6.55%), Sugar: 9.03g (10.04%), Cholesterol: 89.78mg (29.93%), Sodium: 260.93mg (11.34%), Alcohol: 1.25g (100%), Alcohol %: 0.56% (100%), Protein: 30.75g (61.51%), Vitamin B1: 1.05mg (70.16%), Selenium: 47.8µg (68.29%), Vitamin C: 48.54mg (58.84%), Vitamin B3: 11.67mg (58.34%), Vitamin B6: 1.05mg (52.68%), Phosphorus: 337.29mg (33.73%), Manganese: 0.48mg (23.86%), Potassium: 751.11mg (21.46%), Vitamin B2: 0.32mg (19.07%), Zinc: 2.27mg (15.11%), Vitamin E: 2.24mg (14.93%), Magnesium: 52.11mg (13.03%), Vitamin B5: 1.23mg (12.27%), Folate: 47.59µg (11.9%), Vitamin B12: 0.71µg (11.84%), Iron: 1.58mg (8.78%), Vitamin K: 9.07µg (8.64%), Copper: 0.15mg (7.35%), Fiber: 1.07g (4.27%), Vitamin A: 193.58IU (3.87%), Vitamin D: 0.54µg (3.57%), Calcium: 29.61mg (2.96%)