



Glazed Pork Chops

 Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons dijon mustard
- 0.1 teaspoon ground sage
- 0.3 cup onion minced
- 0.3 teaspoon pepper
- 16 ounce center-cut pork loin chops boneless (1/)
- 0.3 cup currant jelly
- 0.5 teaspoon salt

Equipment

frying pan

Directions

- Trim fat from chops. Coat a large nonstick skillet with cooking spray; place over high heat until hot.
- Sprinkle chops with sage, salt, and pepper; add to skillet, and cook 1 minute on each side. Reduce heat to medium; cook chops 4 to 5 additional minutes on each side or until done.
- Transfer chops to a serving platter; keep warm.
- Add onion to skillet; cook over medium heat 2 minutes, stirring often. Reduce heat; add jelly and mustard, and simmer 2 minutes or until glaze is reduced to 1/4 cup. To serve, spoon glaze over chops.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:8.15, Inflammation Score:-2, Nutrition Score:13.470435016181%

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: 240.31kcal (12.02%), Fat: 7.96g (12.25%), Saturated Fat: 2.79g (17.45%), Carbohydrates: 15.76g (5.25%), Net Carbohydrates: 15.24g (5.54%), Sugar: 10.76g (11.95%), Cholesterol: 75.98mg (25.33%), Sodium: 372.97mg (16.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.72g (49.44%), Selenium: 38.65µg (55.22%), Vitamin B1: 0.77mg (51.2%), Vitamin B3: 9.09mg (45.45%), Vitamin B6: 0.84mg (42.06%), Phosphorus: 265.44mg (26.54%), Vitamin B2: 0.23mg (13.54%), Potassium: 458.5mg (13.1%), Zinc: 1.8mg (12.01%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.85mg (8.48%), Magnesium: 32.47mg (8.12%), Copper: 0.09mg (4.6%), Iron: 0.74mg (4.1%), Vitamin C: 2.62mg (3.17%), Vitamin D: 0.45µg (3.02%), Manganese: 0.05mg (2.7%), Fiber: 0.52g (2.07%), Calcium: 16.45mg (1.65%), Vitamin E: 0.18mg (1.22%), Folate: 4.4µg (1.1%)