



## Glazed pork chops

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 Tbs balsamic vinegar
- 0.3 tsp pepper black
- 0.5 cup butter melted
- 0.5 tsp cornstarch
- 2 garlic clove minced
- 4 servings chives fresh sliced for garnish
- 2 tablespoons honey
- 4 pork chops boneless trimmed

0.3 cup soya sauce

## Equipment

frying pan

grill

## Directions

Press one side of each chop into the black pepper.

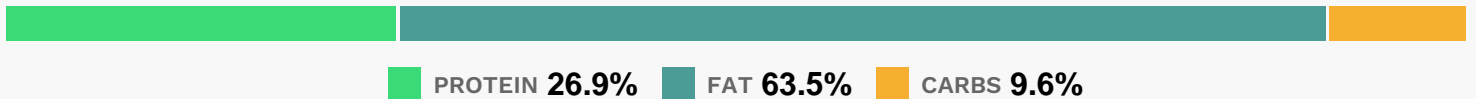
Heat nonstick grill skillet until hot.

Add pork chops, pepper side down, and cook about 4 minutes or until browned.Reduce heat to medium, turn pork chops and cook 6–8 minutes longer.When done, take the skillet from the heat, cover the pork chops and set aside.Meanwhile, mix honey, soy sauce, balsamic vinegar and cornstarch until smooth.

Add the cracked pepper, stir.Melt the butter in a small pan, add garlic and cook for 30 seconds, stirring.Stir honey mixture into pan, let it boil, cook for 1 minute, stirring.Spoon sauce over pork chops, sprinkle with fresh chives or green onions.

Serve with polenta and green salad.

## Nutrition Facts



## Properties

Glycemic Index:68.57, Glycemic Load:5.13, Inflammation Score:-5, Nutrition Score:17.433913043478%

## Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Taste

Sweetness: 24.51%, Saltiness: 100%, Sourness: 10.46%, Bitterness: 12.02%, Savoriness: 70.87%, Fattiness: 96.39%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 459.09kcal (22.95%), Fat: 32.35g (49.76%), Saturated Fat: 17.87g (111.71%), Carbohydrates: 11.01g (3.67%), Net Carbohydrates: 10.78g (3.92%), Sugar: 9.52g (10.57%), Cholesterol: 150.79mg (50.26%), Sodium: 1058.41mg (46.02%), Protein: 30.84g (61.67%), Selenium: 45.07µg (64.39%), Vitamin B1: 0.91mg (60.51%), Vitamin B3: 11.32mg (56.6%), Vitamin B6: 1.03mg (51.28%), Phosphorus: 332.79mg (33.28%), Vitamin B2: 0.29mg (16.86%), Potassium: 557.95mg (15.94%), Vitamin A: 758.8IU (15.18%), Zinc: 2.22mg (14.77%), Vitamin B12: 0.76µg (12.64%), Vitamin B5: 1.08mg (10.81%), Magnesium: 42.91mg (10.73%), Manganese: 0.14mg (7.01%), Iron: 1.15mg (6.38%), Vitamin E: 0.84mg (5.58%), Copper: 0.11mg (5.36%), Vitamin K: 4.35µg (4.14%), Vitamin D: 0.54µg (3.57%), Calcium: 24.99mg (2.5%), Vitamin C: 1.1mg (1.34%), Folate: 4.79µg (1.2%)