



Glazed Sesame Pork

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



5

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon brown sugar
- 2 teaspoons sesame oil dark
- 1 tablespoon dijon mustard
- 0.8 cup low-salt chicken broth
- 30 ounce center-cut pork chops ()
- 2 tablespoons red wine vinegar
- 0.5 teaspoon salt divided

2 tablespoons sesame seed toasted

Equipment

frying pan

Directions

Sprinkle 1/4 teaspoon salt and pepper over both sides of pork.

Heat oil in a large nonstick skillet over medium-high heat.

Add pork, and cook 3 minutes on each side or until browned.

Add 1/4 teaspoon salt, broth, and remaining ingredients; cover, reduce heat, and simmer 20 minutes. Uncover; simmer an additional 20 minutes or until tender.

Serve pork with sauce.

Nutrition Facts

PROTEIN 49.91% **FAT 45.15%** **CARBS 4.94%**

Properties

Glycemic Index:19.8, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:20.915217543588%

Nutrients (% of daily need)

Calories: 314.14kcal (15.71%), Fat: 15.31g (23.56%), Saturated Fat: 4.69g (29.31%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 3.24g (1.18%), Sugar: 2.43g (2.7%), Cholesterol: 113.97mg (37.99%), Sodium: 359.34mg (15.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.07g (76.15%), Selenium: 58.46µg (83.51%), Vitamin B1: 1.17mg (77.71%), Vitamin B3: 14.24mg (71.19%), Vitamin B6: 1.27mg (63.35%), Phosphorus: 419.14mg (41.91%), Potassium: 691.29mg (19.75%), Vitamin B2: 0.34mg (19.73%), Zinc: 2.94mg (19.62%), Vitamin B12: 0.94µg (15.62%), Magnesium: 57.88mg (14.47%), Vitamin B5: 1.25mg (12.52%), Copper: 0.25mg (12.47%), Iron: 1.49mg (8.3%), Manganese: 0.12mg (6.04%), Calcium: 49.35mg (4.94%), Vitamin D: 0.68µg (4.54%), Fiber: 0.53g (2.13%), Vitamin E: 0.26mg (1.75%)