



Greek Honey and Lemon Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



4

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb pork loin chops
- 1 tablespoon greek olives all-purpose
- 1 teaspoon lemon zest grated
- 2 tablespoons juice of lemon
- 3 tablespoons honey

Equipment

- bowl
- oven

broiler pan

Directions

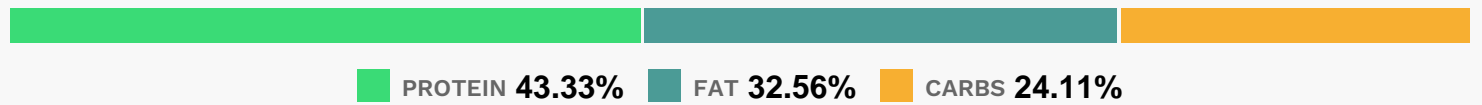
Set oven control to broil.

Place pork on rack in broiler pan. In small bowl, mix remaining ingredients.

Brush honey mixture evenly on tops of pork chops.

Broil pork with tops 4 to 6 inches from heat 7 to 8 minutes, turning once and brushing with honey mixture, until no longer pink when cut near bone. Discard any remaining honey mixture.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:6.77, Inflammation Score:-2, Nutrition Score:13.072173941314%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 228.43kcal (11.42%), Fat: 8.2g (12.61%), Saturated Fat: 2.82g (17.64%), Carbohydrates: 13.65g (4.55%), Net Carbohydrates: 13.48g (4.9%), Sugar: 13.15g (14.61%), Cholesterol: 75.98mg (25.33%), Sodium: 86.37mg (3.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.54g (49.08%), Selenium: 37.69µg (53.84%), Vitamin B1: 0.76mg (50.59%), Vitamin B3: 9.09mg (45.45%), Vitamin B6: 0.83mg (41.6%), Phosphorus: 257.65mg (25.76%), Vitamin B2: 0.22mg (12.79%), Potassium: 440.53mg (12.59%), Zinc: 1.8mg (11.99%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.85mg (8.47%), Magnesium: 30.54mg (7.64%), Vitamin C: 3.63mg (4.4%), Copper: 0.07mg (3.66%), Iron: 0.65mg (3.63%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.24mg (1.57%), Calcium: 11.04mg (1.1%), Manganese: 0.02mg (1.07%)