



Greek Honey and Lemon Pork Chops



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons honey
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 lb pork loin chops
- ☐ 1 tablespoon penzey's southwest seasoning all-purpose

Equipment

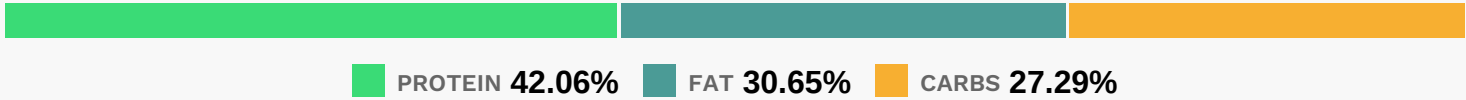
- ☐ bowl
- ☐ oven

☐ 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:14.32, Glycemic Load:6.82, Inflammation Score:-3, Nutrition Score:16.05521741639%

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 Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 235.33kcal (11.77%), Fat: 8.05g (12.38%), Saturated Fat: 2.84g (17.74%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 14.45g (5.25%), Sugar: 13.29g (14.77%), Cholesterol: 75.98mg (25.33%), Sodium: 56.09mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.85g (49.7%), Selenium: 37.84µg (54.05%), Vitamin B1: 0.76mg (51%), Vitamin B3: 9.26mg (46.29%), Vitamin B6: 0.87mg (43.5%), Phosphorus: 263.04mg (26.3%), Vitamin K: 22.98µg (21.89%), Vitamin B2: 0.24mg (13.93%), Potassium: 486.27mg (13.89%), Zinc: 1.9mg (12.65%), Iron: 2mg (11.13%), Manganese: 0.21mg (10.3%), Magnesium: 40.3mg (10.08%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.88mg (8.81%), Calcium: 69.04mg (6.9%), Fiber: 1.68g (6.71%), Vitamin E: 0.83mg (5.57%), Copper: 0.09mg (4.71%), Vitamin C: 3.71mg (4.5%), Vitamin D: 0.45µg (3.02%), Folate: 10.64µg (2.66%), Vitamin A: 68.12IU (1.36%)