



Hoisin and Honey Glazed Pork Chops

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons dijon mustard
- 2 tablespoons hoisin sauce
- 2 tablespoons honey
- 0.3 cup oyster sauce
- 4 pork chops 1-inch-thick () (2 lb total)
- 4 servings rice cooked
- 1 bunch spring onion
- 1 tablespoon soya sauce

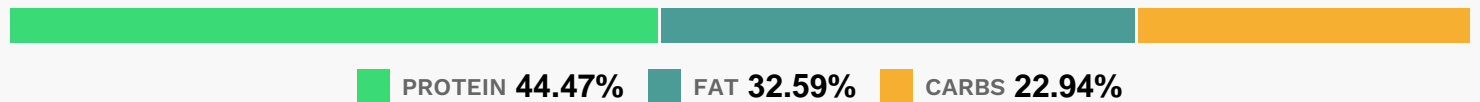
Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- broiler

Directions

- Put oven rack in middle position and preheat oven to 400°F.
- Cut scallions diagonally into 2-inch pieces.
- Whisk together remaining ingredients except pork in a large bowl.
- Add scallions and pork, turning pork to coat generously with sauce.
- Arrange pork in 1 layer in a 15- by 10-inch shallow baking pan (1 inch deep). Spoon remaining sauce with scallions over pork and roast until just cooked through, 15 to 20 minutes.
- Turn on broiler and broil pork 5 to 6 inches from heat until top is slightly caramelized, 2 to 5 minutes.
- Let stand, uncovered, 5 minutes.
- Serve pork topped with any pan juices.

Nutrition Facts



Properties

Glycemic Index:48.11, Glycemic Load:5.14, Inflammation Score:-3, Nutrition Score:17.369565222574%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 277.46kcal (13.87%), Fat: 9.88g (15.2%), Saturated Fat: 3.36g (20.99%), Carbohydrates: 15.65g (5.22%), Net Carbohydrates: 14.83g (5.39%), Sugar: 11.13g (12.36%), Cholesterol: 90.02mg (30.01%), Sodium: 925.07mg (40.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.34g (60.68%), Selenium: 47.99µg (68.56%), Vitamin B1: 0.92mg (61.09%), Vitamin B3: 11.29mg (56.45%), Vitamin B6: 1mg (50.11%), Phosphorus: 326.81mg (32.68%), Vitamin B2: 0.3mg (17.9%), Potassium: 561.13mg (16.03%), Zinc: 2.24mg (14.94%), Vitamin B12: 0.77µg (12.83%), Vitamin K: 12.57µg (11.97%), Magnesium: 44.4mg (11.1%), Vitamin B5: 1.04mg (10.43%), Copper: 0.13mg (6.46%), Iron: 1.14mg (6.36%), Manganese: 0.12mg (6%), Vitamin D: 0.54µg (3.57%), Fiber: 0.82g (3.26%), Calcium: 27.43mg (2.74%), Folate: 9.48µg (2.37%), Vitamin E: 0.26mg (1.71%), Vitamin C: 1.26mg (1.52%), Vitamin A: 70.99IU (1.42%)