



Hoisin and Honey Glazed Pork Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 1 teaspoon ginger fresh finely grated peeled
- ☐ 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

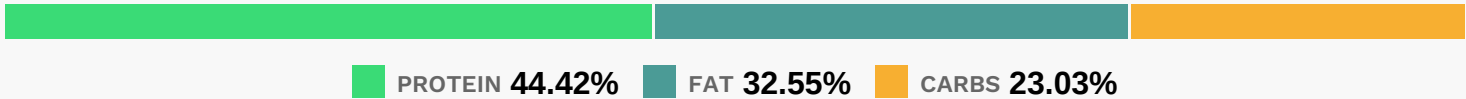
Equipment

- ☐ 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:51.86, Glycemic Load:5.15, Inflammation Score:-3, Nutrition Score:17.390434778255%

Flavonoids

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

Nutrients (% of daily need)

Calories: 277.86kcal (13.89%), Fat: 9.89g (15.21%), Saturated Fat: 3.36g (20.99%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 14.91g (5.42%), Sugar: 11.14g (12.37%), Cholesterol: 90.02mg (30.01%), Sodium: 925.14mg (40.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.35g (60.7%), Selenium: 48µg (68.57%), Vitamin B1: 0.92mg (61.1%), Vitamin B3: 11.29mg (56.47%), Vitamin B6: 1mg (50.15%), Phosphorus: 326.98mg (32.7%), Vitamin B2: 0.3mg (17.91%), Potassium: 563.21mg (16.09%), Zinc: 2.24mg (14.95%), Vitamin B12: 0.77µg (12.83%), Vitamin K: 12.57µg (11.98%), Magnesium: 44.62mg (11.15%), Vitamin B5: 1.04mg (10.44%), Copper: 0.13mg (6.52%), Iron: 1.15mg (6.37%), Manganese: 0.12mg (6.06%), Vitamin D: 0.54µg (3.57%), Fiber: 0.83g (3.3%), Calcium: 27.51mg (2.75%), Folate: 9.53µg (2.38%), Vitamin E: 0.26mg (1.72%), Vitamin C: 1.28mg (1.55%), Vitamin A: 70.99IU (1.42%)