



## Honey and Spice-Glazed Pork Chops

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

READY IN



45 min.

SERVINGS



4

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons dijon mustard
- 0.3 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 0.5 teaspoon ground ginger
- 0.3 cup honey
- 16 ounce center-cut loin pork chops boneless (1/)
- 0.5 teaspoon salt

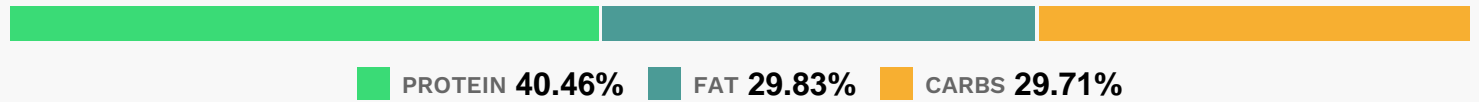
# Equipment

- bowl
- frying pan

# Directions

- Combine first 5 ingredients in a bowl.
- Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Sprinkle pork with salt and pepper; cook 2 minutes on each side or until browned. Reduce heat to medium-low; add honey mixture. Cook 10 minutes or until done, turning pork once.

# Nutrition Facts



# Properties

Glycemic Index:30.32, Glycemic Load:9.15, Inflammation Score:-2, Nutrition Score:13.813478177656%

# Nutrients (% of daily need)

Calories: 246.38kcal (12.32%), Fat: 8.15g (12.53%), Saturated Fat: 2.81g (17.55%), Carbohydrates: 18.26g (6.09%), Net Carbohydrates: 17.74g (6.45%), Sugar: 17.51g (19.46%), Cholesterol: 75.98mg (25.33%), Sodium: 428.74mg (18.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.86g (49.73%), Selenium: 40.41µg (57.73%), Vitamin B1: 0.77mg (51.39%), Vitamin B3: 9.15mg (45.77%), Vitamin B6: 0.84mg (41.8%), Phosphorus: 265.99mg (26.6%), Vitamin B2: 0.22mg (13.15%), Potassium: 451.44mg (12.9%), Zinc: 1.87mg (12.45%), Manganese: 0.22mg (10.78%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.87mg (8.65%), Magnesium: 34.5mg (8.63%), Iron: 0.86mg (4.76%), Copper: 0.08mg (4.02%), Vitamin D: 0.45µg (3.02%), Fiber: 0.52g (2.08%), Calcium: 16.6mg (1.66%), Vitamin E: 0.18mg (1.22%)