



Honey-Glazed Pork Chops and Tomato Salad

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

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

364 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups baby spinach leaves
- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup chicken stock see unsalted such as Swanson
- ☐ 2 tablespoons cider vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 2 teaspoons thyme leaves fresh
- ☐ 1 teaspoon garlic minced

- ☐ 2 cups grape tomatoes halved
- ☐ 2 tablespoons honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon olive oil divided
- ☐ 24 ounce center-cut pork chops bone-in

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 42
- ☐ Combine tomatoes, 1 teaspoon oil, thyme, and garlic on a foil-lined jelly-roll pan. Roast at 425 for 17 minutes.
- ☐ Combine honey, cider vinegar, and mustard in a bowl, stirring with a whisk.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add remaining 2 teaspoons oil to pan; swirl to coat.
- ☐ Sprinkle pork evenly with salt and pepper.
- ☐ Add pork to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Remove pork from pan.
- ☐ Add stock to pan; cook 2 minutes or until reduced by half.
- ☐ Remove pan from heat; stir in honey mixture.
- ☐ Place tomatoes, spinach, and balsamic vinegar in a bowl; toss to coat.
- ☐ Serve salad with pork and sauce.

Nutrition Facts



 **PROTEIN 43.44%**  **FAT 40.2%**  **CARBS 16.36%**

Properties

Glycemic Index:87.82, Glycemic Load:5.76, Inflammation Score:-10, Nutrition Score:31.759999731313%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 364.4kcal (18.22%), Fat: 16.05g (24.7%), Saturated Fat: 4.8g (29.99%), Carbohydrates: 14.69g (4.9%), Net Carbohydrates: 12.93g (4.7%), Sugar: 11.61g (12.9%), Cholesterol: 114.87mg (38.29%), Sodium: 334.32mg (14.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.03g (78.06%), Vitamin K: 117µg (111.43%), Selenium: 58.67µg (83.81%), Vitamin B1: 1.2mg (79.96%), Vitamin B3: 14.73mg (73.63%), Vitamin B6: 1.37mg (68.75%), Vitamin A: 2789.04IU (55.78%), Phosphorus: 429.37mg (42.94%), Potassium: 998.26mg (28.52%), Vitamin B2: 0.41mg (24.06%), Vitamin C: 18.49mg (22.41%), Zinc: 3.01mg (20.03%), Manganese: 0.39mg (19.53%), Magnesium: 76.09mg (19.02%), Vitamin B12: 0.9µg (15.03%), Folate: 57.29µg (14.32%), Vitamin B5: 1.35mg (13.46%), Iron: 2.08mg (11.56%), Vitamin E: 1.61mg (10.72%), Copper: 0.2mg (10.1%), Fiber: 1.76g (7.03%), Calcium: 52.81mg (5.28%), Vitamin D: 0.68µg (4.54%)