



Honey Hoisin Pork Chops



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons dijon mustard
- ☐ 2 tablespoons ginger fresh grated
- ☐ 2 bunches green onions cut into 2 inch pieces
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 3 tablespoons hoisin sauce
- ☐ 3 tablespoons honey to taste
- ☐ 0.3 cup oyster sauce
- ☐ 8 pork chops

- ☐ 1.5 tablespoons soya sauce
- ☐ 1 tablespoon water
- ☐ 1.5 teaspoons as desired

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ broiler

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Whisk together the oyster sauce, Dijon mustard, hoisin sauce, ginger, honey, and soy sauce in a bowl until combined; stir in the green onions.
- ☐ Spread about 1/4 of the mixture into the bottom of a 9x13-inch baking dish. Arrange the pork chops over the sauce in a single layer, and pour the remaining sauce over the chops, covering them completely.
- ☐ Bake in the preheated oven until the chops are no longer pink at the center and the juices run clear, 30 to 40 minutes. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C). Baste once or twice while baking.
- ☐ Drain the liquid in the baking dish into a saucepan. Turn on the oven's broiler, and place the chops underneath the broiler until caramelized and brown, 1 to 2 minutes.
- ☐ Whisk the cornstarch with water in a small bowl, and whisk the mixture into the pan juices. Set the saucepan over medium heat, and bring the sauce to a simmer, whisking constantly until thickened, 1 to 2 minutes. Season to taste with salt and black pepper.
- ☐ Serve sauce with chops.

Nutrition Facts



 **PROTEIN 47.21%**  **FAT 34.56%**  **CARBS 18.23%**

Properties

Glycemic Index:22.28, Glycemic Load:3.57, Inflammation Score:-3, Nutrition Score:16.953043274257%

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: 258.99kcal (12.95%), Fat: 9.74g (14.99%), Saturated Fat: 3.34g (20.89%), Carbohydrates: 11.57g (3.86%), Net Carbohydrates: 10.87g (3.95%), Sugar: 8.41g (9.35%), Cholesterol: 89.96mg (29.99%), Sodium: 611.5mg (26.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.94g (59.89%), Selenium: 46.85µg (66.92%), Vitamin B1: 0.91mg (60.75%), Vitamin B3: 11.1mg (55.5%), Vitamin B6: 1mg (49.85%), Phosphorus: 320.51mg (32.05%), Vitamin B2: 0.29mg (16.9%), Potassium: 555.73mg (15.88%), Zinc: 2.2mg (14.68%), Vitamin B12: 0.74µg (12.33%), Vitamin K: 12.7µg (12.1%), Magnesium: 42.93mg (10.73%), Vitamin B5: 1.02mg (10.24%), Iron: 1.06mg (5.87%), Copper: 0.12mg (5.78%), Manganese: 0.1mg (5.08%), Vitamin D: 0.54µg (3.57%), Fiber: 0.69g (2.78%), Calcium: 23.42mg (2.34%), Folate: 7.68µg (1.92%), Vitamin E: 0.25mg (1.66%), Vitamin C: 1.31mg (1.59%), Vitamin A: 70.08IU (1.4%)