



Honey-Pecan Pork Chops

 Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 cup honey
- ☐ 0.3 cup pecans chopped
- ☐ 1 inch pork loin chops bone-in
- ☐ 0.5 teaspoon greek seasoning

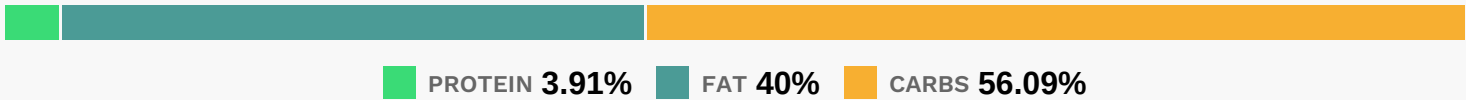
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Dredge pork chops in flour.
- ☐ Melt butter in a large skillet over high heat; add pork chops, and cook 4 minutes on each side or until browned.
- ☐ Remove pork chops, and drain on paper towels; keep warm.
- ☐ Stir together honey and remaining ingredients; add to skillet. Reduce heat to medium-low; cook, covered, 7 minutes.
- ☐ Serve pork chops with sauce.

Nutrition Facts



Properties

Glycemic Index:43.57, Glycemic Load:13.47, Inflammation Score:-2, Nutrition Score:3.7230434937646%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg

Nutrients (% of daily need)

Calories: 168.1kcal (8.41%), Fat: 7.89g (12.14%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 23.69g (8.61%), Sugar: 17.72g (19.69%), Cholesterol: 0.43mg (0.14%), Sodium: 34.51mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.47%), Manganese: 0.41mg (20.5%), Vitamin B1: 0.11mg (7.49%), Copper: 0.11mg (5.27%), Fiber: 1.2g (4.81%), Iron: 0.86mg (4.8%), Selenium: 3.33µg (4.75%), Folate: 17.85µg (4.46%), Vitamin K: 4.19µg (3.99%), Vitamin A: 191.53IU (3.83%), Vitamin B2: 0.06mg (3.67%), Vitamin B3: 0.66mg (3.29%), Phosphorus: 31.67mg (3.17%), Magnesium: 12.51mg (3.13%), Zinc: 0.44mg (2.93%), Vitamin E: 0.36mg (2.39%), Vitamin B6: 0.04mg (1.86%), Calcium: 18.33mg (1.83%), Potassium: 61.43mg (1.76%), Vitamin B5: 0.12mg (1.21%)