



Honey-Soy Pork Chops

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

READY IN



25 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb pork chops bone-in
- 16 oz broccoli florets frozen thawed
- 1 tablespoon canola oil
- 1.5 teaspoons dijon mustard
- 0.8 teaspoon ground cumin
- 2 tablespoons honey
- 1 tablespoon soya sauce low-sodium
- 4 servings salt and pepper

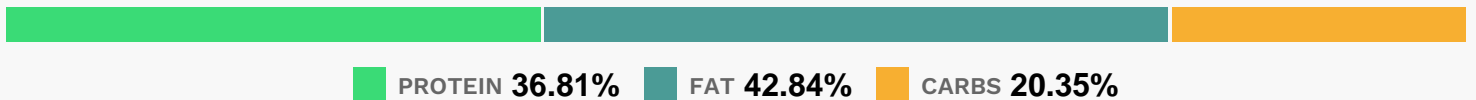
Equipment

- bowl
- frying pan
- aluminum foil
- slotted spoon

Directions

- Warm oil in a large nonstick skillet over medium-high heat. Season chops with salt, pepper and 1/2 tsp. ground cumin.
- Add chops to skillet and cook until browned, 3 to 4 minutes per side.
- In a small bowl, combine remaining 1/4 tsp. cumin, honey, soy sauce, mustard and 1/4 cup water.
- Pour mixture into pan with chops, lower heat and simmer, uncovered, until meat is cooked through, about 6 minutes, turning once.
- Transfer chops to a plate and cover with foil to keep warm.
- Add broccoli to pan, raise heat to medium and cook until heated through, 3 minutes, stirring often (or cook separately). Using a slotted spoon, transfer broccoli to a serving dish. Cook remaining sauce for 1 minute.
- Drizzle over chops and serve.

Nutrition Facts



Properties

Glycemic Index:30.32, Glycemic Load:5.99, Inflammation Score:-8, Nutrition Score:28.700869498046%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 323.12kcal (16.16%), Fat: 15.6g (24%), Saturated Fat: 4.22g (26.36%), Carbohydrates: 16.67g (5.56%), Net Carbohydrates: 13.55g (4.93%), Sugar: 10.6g (11.78%), Cholesterol: 88.03mg (29.34%), Sodium: 467.05mg (20.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.16g (60.32%), Vitamin C: 101.24mg (122.72%), Vitamin K: 118.21µg (112.58%), Selenium: 46.72µg (66.74%), Vitamin B6: 1.1mg (54.97%), Vitamin B1: 0.71mg (47.12%), Vitamin B3: 9.25mg (46.27%), Phosphorus: 352.43mg (35.24%), Potassium: 825.01mg (23.57%), Vitamin B2: 0.39mg (22.93%), Zinc: 2.81mg (18.72%), Folate: 73.58µg (18.39%), Vitamin B5: 1.57mg (15.73%), Magnesium: 60.95mg (15.24%), Manganese: 0.29mg (14.66%), Vitamin A: 720.22IU (14.4%), Fiber: 3.12g (12.47%), Vitamin B12: 0.68µg (11.27%), Vitamin E: 1.69mg (11.24%), Iron: 2.01mg (11.17%), Calcium: 84.16mg (8.42%), Copper: 0.15mg (7.32%), Vitamin D: 0.64µg (4.25%)