



Honeyed Pork Chops

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

READY IN

ready

85 min.

SERVINGS

servings

6

CALORIES

calories

291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon ground ginger
- ☐ 0.1 teaspoon ground pepper black
- ☐ 3 tablespoons honey
- ☐ 1 small onion chopped
- ☐ 6 pork chops boneless
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup water

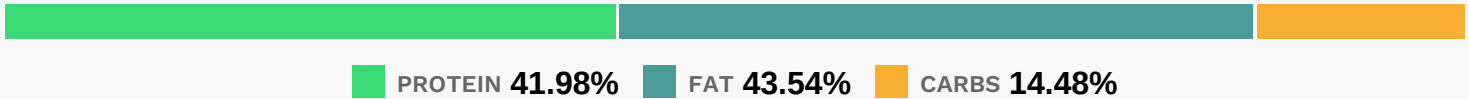
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Heat the oil in a skillet over medium heat, and brown the pork chops about 5 minutes on each side.
- ☐ Transfer to a baking dish.
- ☐ In a bowl, mix the honey, water, soy sauce, onion, ginger, and pepper.
- ☐ Pour over the pork chops in the baking dish.
- ☐ Bake pork chops 1 hour in the preheated oven, to an internal temperature of 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:21.05, Glycemic Load:4.83, Inflammation Score:-2, Nutrition Score:16.386956649954%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 290.55kcal (14.53%), Fat: 13.86g (21.32%), Saturated Fat: 3.98g (24.89%), Carbohydrates: 10.37g (3.46%), Net Carbohydrates: 10.05g (3.65%), Sugar: 9.28g (10.31%), Cholesterol: 89.78mg (29.93%), Sodium: 606.2mg (26.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.06g (60.13%), Selenium: 44.62µg (63.75%), Vitamin B1: 0.9mg (60.33%), Vitamin B3: 11.12mg (55.6%), Vitamin B6: 1.01mg (50.47%), Phosphorus: 319.42mg

(31.94%), Vitamin B2: 0.27mg (15.88%), Potassium: 544.46mg (15.56%), Zinc: 2.17mg (14.45%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.03mg (10.33%), Magnesium: 40.53mg (10.13%), Vitamin K: 8.45µg (8.05%), Manganese: 0.11mg (5.71%), Iron: 0.99mg (5.5%), Copper: 0.1mg (5.03%), Vitamin E: 0.55mg (3.65%), Vitamin D: 0.54µg (3.57%), Calcium: 15.5mg (1.55%), Fiber: 0.32g (1.28%), Vitamin C: 0.92mg (1.11%), Folate: 4.18µg (1.05%)