



## Indian Pork Chops

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

READY IN



**25 min.**

SERVINGS



**4**

CALORIES



**264 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup all-natural apricot nectar
- 1 teaspoon curry powder
- 0.3 teaspoon garlic powder
- 16 ounce pork chops
- 0.3 teaspoon salt
- 2 tablespoons vegetable oil

### Equipment

- frying pan

measuring cup

## Directions

- Heat oil in a large skillet over medium-high heat. Brown the chops in the hot skillet, turning once.
- In a measuring cup, mix together apricot nectar, curry powder, garlic powder, and salt.
- Pour over chops, and reduce heat to medium-low. Simmer uncovered for 20 minutes, or until meat is done.

## Nutrition Facts

**PROTEIN 37.82%** **FAT 51.69%** **CARBS 10.49%**

## Properties

Glycemic Index:2.5, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:15.275652425445%

## Nutrients (% of daily need)

Calories: 264.48kcal (13.22%), Fat: 14.95g (23%), Saturated Fat: 3.84g (24.02%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 6.6g (2.4%), Sugar: 6.04g (6.71%), Cholesterol: 75.98mg (25.33%), Sodium: 203.91mg (8.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.61g (49.22%), Selenium: 37.67µg (53.81%), Vitamin B1: 0.79mg (52.45%), Vitamin B3: 9.15mg (45.74%), Vitamin B6: 0.85mg (42.48%), Phosphorus: 261.15mg (26.12%), Vitamin C: 14.04mg (17.01%), Potassium: 464.49mg (13.27%), Vitamin K: 13.57µg (12.92%), Vitamin B2: 0.22mg (12.85%), Vitamin A: 628.81IU (12.58%), Zinc: 1.8mg (11.99%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.87mg (8.71%), Magnesium: 33.25mg (8.31%), Vitamin E: 1.01mg (6.72%), Iron: 0.78mg (4.31%), Copper: 0.08mg (3.88%), Vitamin D: 0.45µg (3.02%), Manganese: 0.05mg (2.33%), Calcium: 15.74mg (1.57%)