



## Lemon-Honey Pork Chops



Gluten Free



Dairy Free

READY IN



32 min.

SERVINGS



1

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 pound pork loin chops
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 2 tablespoons water
- ☐ 2 tablespoons honey
- ☐ 0.3 teaspoon lemon zest grated
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 teaspoon parsley

- ☐ 1 small garlic clove finely chopped
- ☐ 1 teaspoon cornstarch
- ☐ 1 tablespoon water cold
- ☐ 2 slices optional: lemon thin

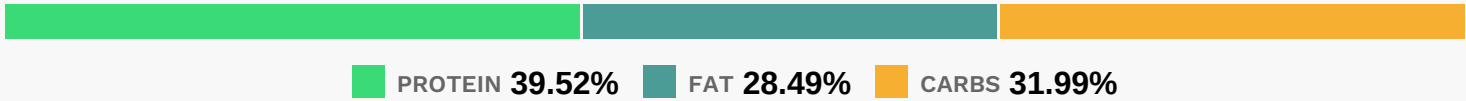
## Equipment

- ☐ plastic wrap
- ☐ microwave

## Directions

- ☐ Arrange pork chops, narrow ends toward center, in square microwavable dish, 8x8x2 inches.
- ☐ Sprinkle with salt and pepper.
- ☐ Mix 2 tablespoons water, the honey, lemon peel, lemon juice, parsley and garlic; pour over pork.
- ☐ Cover with plastic wrap, folding back one edge or corner 1/4 inch to vent steam. Microwave on Medium (50%) 5 minutes; rotate dish 1/4 turn. Microwave 12 to 15 minutes longer, rotating casserole 1/4 turn every 3 minutes, until slightly pink when cut near bone.
- ☐ Remove pork to warm plates.
- ☐ Mix cornstarch and 1 tablespoon water; stir into mixture in dish. Cover tightly and microwave on High 1 to 2 minutes or until mixture thickens and boils. Spoon sauce over pork.
- ☐ Garnish with lemon slices.

## Nutrition Facts



## Properties

Glycemic Index:139.77, Glycemic Load:18.59, Inflammation Score:-4, Nutrition Score:26.934347601041%

## Flavonoids

Eriodictyol: 3.72mg, Eriodictyol: 3.72mg, Eriodictyol: 3.72mg, Eriodictyol: 3.72mg Hesperetin: 6.08mg, Hesperetin: 6.08mg, Hesperetin: 6.08mg, Hesperetin: 6.08mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg Luteolin: 0.28mg,

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 499.67kcal (24.98%), Fat: 15.85g (24.38%), Saturated Fat: 5.58g (34.84%), Carbohydrates: 40.03g (13.34%), Net Carbohydrates: 39.3g (14.29%), Sugar: 35.27g (39.18%), Cholesterol: 151.95mg (50.65%), Sodium: 695.59mg (30.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.45g (98.9%), Selenium: 75.98µg (108.55%), Vitamin B1: 1.53mg (101.91%), Vitamin B3: 18.23mg (91.13%), Vitamin B6: 1.71mg (85.7%), Phosphorus: 523.2mg (52.32%), Potassium: 920.23mg (26.29%), Vitamin B2: 0.45mg (26.23%), Zinc: 3.67mg (24.48%), Vitamin B12: 1.2µg (20.03%), Vitamin C: 15.08mg (18.28%), Vitamin B5: 1.75mg (17.47%), Magnesium: 63.8mg (15.95%), Copper: 0.17mg (8.58%), Iron: 1.51mg (8.39%), Manganese: 0.14mg (7.25%), Vitamin D: 0.91µg (6.05%), Calcium: 32.46mg (3.25%), Fiber: 0.73g (2.93%), Vitamin E: 0.35mg (2.33%), Folate: 5.67µg (1.42%), Vitamin K: 1.14µg (1.09%)