



## Mahogany Pork Chops

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons blackstrap molasses
- 4 pork chops
- 4 teaspoons teriyaki sauce

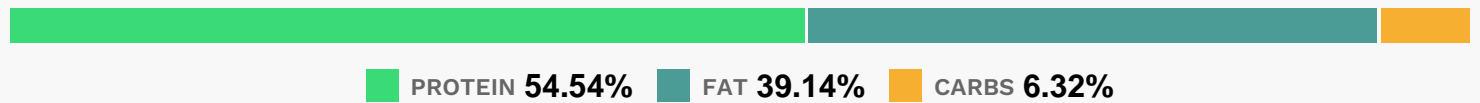
### Equipment

- bowl
- frying pan
- kitchen thermometer

## Directions

- Mix teriyaki sauce and molasses in a bowl until well combined and place pork chops in the mixture; turn chops to coat with marinade. Allow to stand at least 30 minutes (longer for better flavor).
- Spray a skillet with cooking spray and place over medium heat. Cook the pork chops until the juices run clear and the chops are browned and no longer pink inside, about 10 minutes per side. An instant-read meat thermometer inserted into the thickest part of a chop should read 160 degrees F (70 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:11, Glycemic Load:1.15, Inflammation Score:-2, Nutrition Score:15.543913078535%

## Nutrients (% of daily need)

Calories: 222.24kcal (11.11%), Fat: 9.3g (14.31%), Saturated Fat: 3.28g (20.52%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 3.38g (1.23%), Sugar: 3.31g (3.68%), Cholesterol: 89.78mg (29.93%), Sodium: 254.39mg (11.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.17g (58.34%), Selenium: 45.03µg (64.33%), Vitamin B1: 0.9mg (59.78%), Vitamin B3: 10.8mg (54%), Vitamin B6: 1mg (50.06%), Phosphorus: 311.52mg (31.15%), Potassium: 562.01mg (16.06%), Vitamin B2: 0.25mg (14.79%), Zinc: 2.09mg (13.95%), Vitamin B12: 0.71µg (11.84%), Magnesium: 46.32mg (11.58%), Vitamin B5: 1.01mg (10.12%), Iron: 0.92mg (5.11%), Copper: 0.1mg (4.85%), Vitamin D: 0.54µg (3.57%), Manganese: 0.06mg (3.15%), Calcium: 17.79mg (1.78%), Vitamin E: 0.17mg (1.16%)