



Maple-Glazed Pork Chops with Brussels Sprouts

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

READY IN



28 min.

SERVINGS



4

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups brussels sprouts frozen thawed
- 1 tablespoon dijon mustard
- 2 teaspoons ginger fresh minced
- 4 cloves garlic minced
- 1 cup maple syrup
- 2 tablespoons olive oil
- 20 ounces pork loin chops

4 servings salt and pepper black freshly ground

Equipment

bowl

frying pan

whisk

Directions

Season both sides of pork with salt and black pepper.

Heat 1 tablespoon of oil in a large skillet over medium-high heat.

Add pork to hot pan and cook 2 minutes per side, until golden brown. In a medium bowl, whisk together maple syrup, mustard, 3 garlic cloves, and ginger.

Add sauce to pan and bring to a simmer.

Add chops to simmering liquid, cover and cook 5 minutes. Uncover and simmer 5 more minutes, until sauce reduces and pork is cooked through.

Meanwhile, in another skillet, heat the remaining 1 tablespoon oil.

Add the Brussels sprouts and the remaining minced garlic clove. Season with salt and pepper.

Saute until heated through, about 5 to 7 minutes.

Serve immediately.

Nutrition Facts



PROTEIN 24.83% **FAT 29.51%** **CARBS 45.66%**

Properties

Glycemic Index:44.38, Glycemic Load:20.85, Inflammation Score:-6, Nutrition Score:32.564348376316%

Flavonoids

Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 525.67kcal (26.28%), Fat: 17.12g (26.34%), Saturated Fat: 4.48g (28.01%), Carbohydrates: 59.61g (19.87%), Net Carbohydrates: 57.67g (20.97%), Sugar: 49.3g (54.78%), Cholesterol: 94.97mg (31.66%), Sodium: 128.33mg (5.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.41g (64.83%), Manganese: 2.09mg (104.53%), Vitamin K: 82.37µg (78.44%), Vitamin B2: 1.33mg (78.26%), Vitamin B1: 1.07mg (71.55%), Selenium: 49.34µg (70.48%), Vitamin B3: 11.77mg (58.83%), Vitamin B6: 1.17mg (58.36%), Vitamin C: 38.4mg (46.55%), Phosphorus: 359.85mg (35.98%), Potassium: 904.21mg (25.83%), Zinc: 3.01mg (20.06%), Magnesium: 67.03mg (16.76%), Vitamin B12: 0.75µg (12.52%), Calcium: 124.61mg (12.46%), Vitamin B5: 1.2mg (11.99%), Vitamin E: 1.6mg (10.66%), Iron: 1.58mg (8.77%), Fiber: 1.94g (7.77%), Folate: 27.32µg (6.83%), Vitamin A: 340.91IU (6.82%), Copper: 0.13mg (6.28%), Vitamin D: 0.57µg (3.78%)