



Marinated Baked Pork Chops

 Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



75 min.

SERVINGS



6

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons brown sugar
- 2 tablespoons catsup
- 1 teaspoon juice of lemon
- 6 pork chops trimmed
- 1 tablespoon soya sauce
- 2 tablespoons vegetable oil
- 1 tablespoon worcestershire sauce

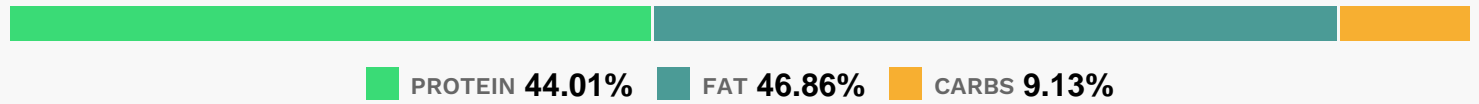
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a small bowl, thoroughly blend soy sauce, vegetable oil, Worcestershire sauce, lemon juice, brown sugar, and ketchup.
- Place pork chops in a medium baking dish, and spread with 1/2 the sauce.
- Bake pork chops 30 minutes in the preheated oven. Turn, and spread with remaining sauce. Continue baking 30 minutes, or until internal temperature of the chops has reached 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:15.916956444797%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 272.19kcal (13.61%), Fat: 13.84g (21.3%), Saturated Fat: 3.98g (24.85%), Carbohydrates: 6.06g (2.02%), Net Carbohydrates: 6.02g (2.19%), Sugar: 5.3g (5.89%), Cholesterol: 89.78mg (29.93%), Sodium: 315.21mg (13.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.25g (58.5%), Selenium: 44.48µg (63.54%), Vitamin B1: 0.9mg (59.89%), Vitamin B3: 10.92mg (54.59%), Vitamin B6: 0.99mg (49.44%), Phosphorus: 309.97mg (31%), Potassium: 549.08mg (15.69%), Vitamin B2: 0.26mg (15.56%), Zinc: 2.11mg (14.04%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 0.99mg (9.94%), Magnesium: 37.47mg (9.37%), Vitamin K: 8.52µg (8.11%), Iron: 0.94mg (5.22%), Copper: 0.09mg (4.55%), Vitamin E: 0.62mg (4.14%), Vitamin D: 0.54µg (3.57%), Calcium: 17.13mg (1.71%), Manganese: 0.03mg (1.6%), Vitamin C: 0.9mg (1.09%)