



WHATSheATE



Marmalade Pork Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cider vinegar
- ☐ 2 teaspoons lemon pepper seasoning
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup low-sugar orange marmalade
- ☐ 16 ounce pork loin chops boneless lean trimmed

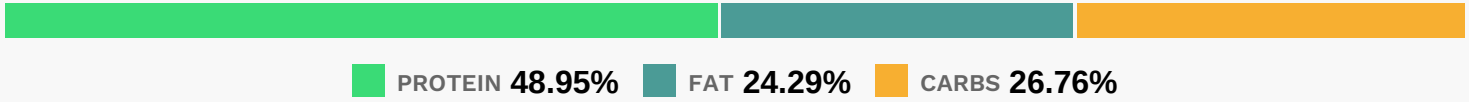
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Sprinkle chops on both sides with lemon pepper seasoning; add chops to pan, and cook 5 minutes on each side or until done.
- ☐ Remove from pan, and keep warm.
- ☐ Add vinegar to pan; stir in marmalade. Return chops to pan, turning once to coat; cook 1 minute or until thoroughly heated.
- ☐ Serve immediately.
- ☐ carbo rating: 7

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:11.990869615389%

Nutrients (% of daily need)

Calories: 211.81kcal (10.59%), Fat: 5.64g (8.67%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 13.97g (4.66%), Net Carbohydrates: 13.58g (4.94%), Sugar: 12.04g (13.37%), Cholesterol: 71.44mg (23.81%), Sodium: 67.36mg (2.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.55g (51.11%), Selenium: 31.59µg (45.13%), Vitamin B6: 0.86mg (43.14%), Vitamin B1: 0.5mg (33.63%), Vitamin B3: 6.54mg (32.68%), Phosphorus: 258.13mg (25.81%), Zinc: 2.06mg (13.76%), Potassium: 450.28mg (12.87%), Vitamin B2: 0.22mg (12.87%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.86mg (8.62%), Magnesium: 31.97mg (7.99%), Manganese: 0.16mg (7.91%), Copper: 0.1mg (4.88%), Iron: 0.76mg (4.22%), Vitamin D: 0.45µg (3.02%), Vitamin K: 2.24µg (2.13%), Vitamin E: 0.31mg (2.09%), Calcium: 18.23mg (1.82%), Fiber: 0.39g (1.57%), Vitamin C: 0.96mg (1.16%)