

Melt In Your Mouth Pork Chops



Gluten Free



Dairy Free



Low Fod Map

READY IN



100 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pork chops
- ☐ 0.5 cup soya sauce
- ☐ 1 cup teriyaki sauce
- ☐ 2.5 cups water

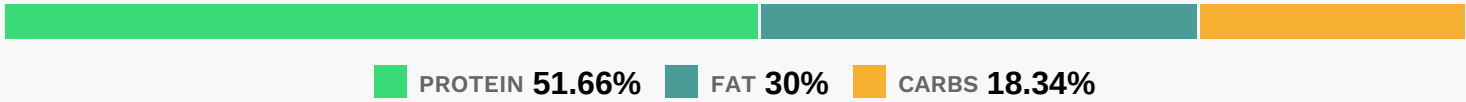
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large bowl combine soy sauce, teriyaki sauce and water.
- ☐ In a large skillet on medium heat, brown both sides of the pork chops in a small amount of oil.
- ☐ Pour liquid mixture over chops.
- ☐ Add more water if needed. Chops should be covered completely in liquid.
- ☐ Bring to a boil. Lower temperature and simmer for an hour and twenty minutes, turning chops over half way through.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:19.102173783857%

Nutrients (% of daily need)

Calories: 289.18kcal (14.46%), Fat: 9.34g (14.37%), Saturated Fat: 3.29g (20.54%), Carbohydrates: 12.85g (4.28%), Net Carbohydrates: 12.54g (4.56%), Sugar: 10.65g (11.83%), Cholesterol: 89.78mg (29.93%), Sodium: 4449.25mg (193.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.19g (72.39%), Selenium: 45.38µg (64.83%), Vitamin B3: 12.76mg (63.82%), Vitamin B1: 0.93mg (62.17%), Vitamin B6: 1.1mg (55.14%), Phosphorus: 451.42mg (45.14%), Magnesium: 91.84mg (22.96%), Potassium: 723.3mg (20.67%), Vitamin B2: 0.34mg (20.14%), Zinc: 2.29mg (15.26%), Iron: 2.58mg (14.36%), Vitamin B5: 1.23mg (12.27%), Vitamin B12: 0.71µg (11.84%), Copper: 0.21mg (10.49%), Manganese: 0.15mg (7.7%), Calcium: 37.62mg (3.76%), Vitamin D: 0.54µg (3.57%), Folate: 10.98µg (2.74%), Fiber: 0.3g (1.22%), Vitamin E: 0.17mg (1.16%)