



## Onion-Apricot Pork Chops

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups beef broth
- 1 tablespoon butter
- 1 tablespoon cornstarch
- 0.5 cup apricot dried chopped
- 1 teaspoon ginger fresh minced
- 1 garlic clove minced
- 1 Dash nutmeg
- 1 large onion separated sliced

- 0.3 cup orange marmalade
- 16 ounces pork loin boneless
- 4.5 teaspoons water cold

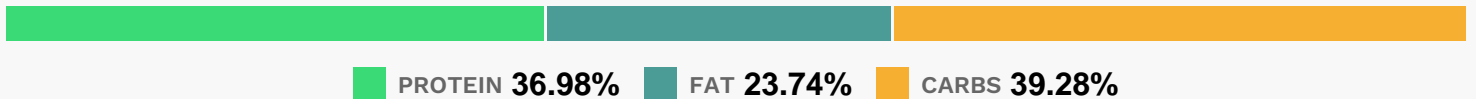
## Equipment

- frying pan

## Directions

- In a large skillet, brown pork chops in butter over medium-high heat.
- Add the onion and apricots.
- Combine the broth, marmalade, ginger, garlic and nutmeg; pour into skillet. Bring to a boil. Reduce heat; cover and simmer for 12–15 minutes or until meat juices run clear.
- Remove chops and keep warm.
- Combine cornstarch and water until smooth; stir into skillet. Bring to a boil; cook and stir for 1–2 minutes or until thickened. Spoon over pork chops.

## Nutrition Facts



## Properties

Glycemic Index:56.35, Glycemic Load:3.91, Inflammation Score:-6, Nutrition Score:15.038260703501%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg

## Nutrients (% of daily need)

Calories: 294.89kcal (14.74%), Fat: 7.86g (12.09%), Saturated Fat: 3.4g (21.24%), Carbohydrates: 29.26g (9.75%), Net Carbohydrates: 27.2g (9.89%), Sugar: 22.36g (24.84%), Cholesterol: 78.97mg (26.32%), Sodium: 427.89mg (18.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.55g (55.09%), Vitamin B6: 0.95mg (47.39%), Selenium: 32.91µg (47.02%), Vitamin B3: 7.71mg (38.53%), Vitamin B1: 0.53mg (35.17%), Phosphorus: 293.01mg (29.3%), Potassium: 730.22mg (20.86%), Vitamin B2: 0.26mg (15.32%), Zinc: 2.2mg (14.65%), Vitamin A: 686.59IU

(13.73%), Vitamin B12: 0.65µg (10.79%), Magnesium: 41.68mg (10.42%), Vitamin B5: 1.01mg (10.05%), Fiber: 2.06g (8.24%), Copper: 0.16mg (8.1%), Iron: 1.34mg (7.44%), Manganese: 0.13mg (6.47%), Vitamin E: 0.95mg (6.36%), Vitamin C: 4.16mg (5.05%), Calcium: 39.18mg (3.92%), Folate: 12.72µg (3.18%), Vitamin D: 0.45µg (3.02%)