



Orange-Mustard Glazed Pork Chops



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup orange juice fresh (2 oranges)
- ☐ 2 tablespoons orange marmalade
- ☐ 24 ounce pork loin chops bone-in ()
- ☐ 1 medium onion red cut into 1/2-inch wedges

- ☐ 2 rosemary sprigs
- ☐ 1 tablespoon whole-grain mustard

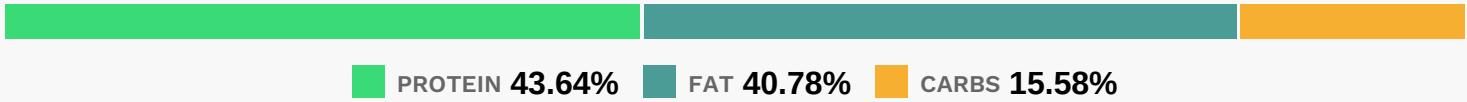
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 42
- ☐ Combine juice, marmalade, and mustard in a saucepan over medium-high heat. Bring to a boil, reduce heat, and simmer 15 minutes or until syrupy.
- ☐ Heat a large ovenproof skillet over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Sprinkle pork with salt and pepper.
- ☐ Add to pan; cook 5 minutes or until browned. Turn pork; add rosemary and onion to pan.
- ☐ Pour juice mixture over pork; bake at 425 for 10 minutes or until a thermometer registers 14
- ☐ Place onion and rosemary on a platter. Return pan to medium-high heat; add lime juice. Cook 4 minutes or until liquid is syrupy.
- ☐ Add pork to platter; drizzle with sauce.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:2.25, Inflammation Score:-5, Nutrition Score:21.921304479889%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 4.38mg, Hesperetin: 4.38mg, Hesperetin: 4.38mg, Hesperetin: 4.38mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg,

Naringenin: 0.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 348.78kcal (17.44%), Fat: 15.54g (23.9%), Saturated Fat: 4.46g (27.87%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 12.52g (4.55%), Sugar: 9.95g (11.06%), Cholesterol: 113.97mg (37.99%), Sodium: 275.45mg (11.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.41g (74.82%), Selenium: 57.82µg (82.6%), Vitamin B1: 1.18mg (79%), Vitamin B3: 13.78mg (68.91%), Vitamin B6: 1.29mg (64.44%), Phosphorus: 403.4mg (40.34%), Vitamin C: 20.31mg (24.62%), Potassium: 756.88mg (21.63%), Vitamin B2: 0.34mg (19.88%), Zinc: 2.74mg (18.24%), Vitamin B12: 0.9µg (15.03%), Vitamin B5: 1.35mg (13.53%), Magnesium: 53.31mg (13.33%), Copper: 0.14mg (6.77%), Iron: 1.08mg (6%), Vitamin E: 0.89mg (5.92%), Vitamin D: 0.68µg (4.54%), Manganese: 0.09mg (4.4%), Folate: 16.61µg (4.15%), Fiber: 0.84g (3.37%), Calcium: 30.14mg (3.01%), Vitamin K: 2.94µg (2.8%), Vitamin A: 84.21IU (1.68%)