



Orange Pork



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 0.7 cup orange juice
- ☐ 1 pound pork chops boneless
- ☐ 0.3 cup soya sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 2 teaspoons water
- ☐ 1.5 tablespoons sugar white

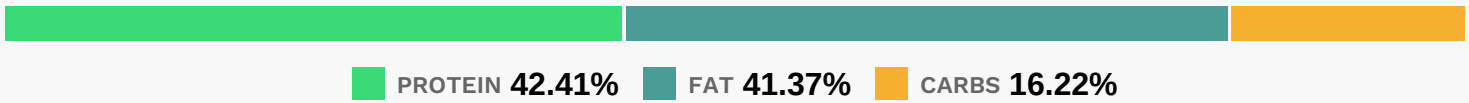
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a large heavy skillet over medium heat. Cook pork chops until evenly brown on both sides; remove from skillet.
- ☐ Pour in orange juice, soy sauce and sugar. Boil for 2 minutes, scraping the bottom of pan. In a small bowl, mix together water and cornstarch, and stir into sauce. Return pork to skillet and cook briefly until thickened and heated through.

Nutrition Facts



Properties

Glycemic Index:34.27, Glycemic Load:5.44, Inflammation Score:-3, Nutrition Score:15.628695625326%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 252.35kcal (12.62%), Fat: 11.38g (17.51%), Saturated Fat: 3.31g (20.68%), Carbohydrates: 10.04g (3.35%), Net Carbohydrates: 9.84g (3.58%), Sugar: 8.21g (9.12%), Cholesterol: 75.98mg (25.33%), Sodium: 865.03mg (37.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.25g (52.5%), Selenium: 37.73µg (53.9%), Vitamin B1: 0.8mg (53.47%), Vitamin B3: 9.8mg (48.98%), Vitamin B6: 0.87mg (43.44%), Phosphorus: 282.22mg (28.22%), Vitamin C: 20.67mg (25.05%), Potassium: 536.49mg (15.33%), Vitamin B2: 0.25mg (14.42%), Zinc: 1.84mg (12.28%), Vitamin B12: 0.6µg (10.02%), Magnesium: 39.87mg (9.97%), Vitamin B5: 0.96mg (9.57%), Vitamin K: 6.29µg (5.99%), Iron: 1mg (5.56%), Copper: 0.1mg (5.11%), Manganese: 0.09mg (4.33%), Folate: 15.01µg (3.75%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.44mg (2.95%), Vitamin A: 87.2IU (1.74%), Calcium: 15.51mg (1.55%)