



Orange Salsa Pork Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons firmly brown sugar packed
- ☐ 4 servings cilantro sprigs fresh
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 slices cranberry-orange relish
- ☐ 1 cup orange juice
- ☐ 4 pork center-cut loin chops each 3/, 6 oz.
- ☐ 1 teaspoon salad oil

- ☐ 0.5 cup tomato salsa
- ☐ 4 servings salt

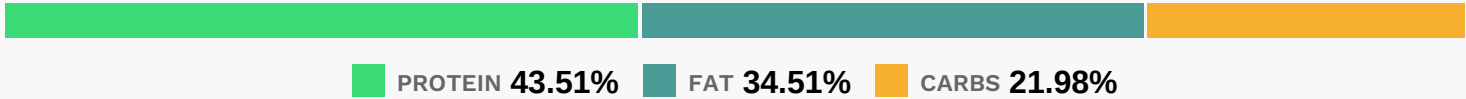
Equipment

- ☐ frying pan

Directions

- ☐ Trim excess fat from pork.
- ☐ Place a 10- to 12-inch nonstick frying pan over medium-high heat. When pan is hot, add oil and chops. Cook until browned on both sides, about 5 minutes total.
- ☐ Add orange juice, salsa, sugar, cumin, and ginger. Bring to a boil, then reduce heat to low; cover and simmer until pork is tender when pierced, 40 to 45 minutes. Skim off fat; discard.
- ☐ Transfer pork to a serving dish and keep warm. Boil sauce, uncovered, over high heat until reduced to about 1 cup, about 4 minutes.
- ☐ Add salt to taste.
- ☐ Garnish with cilantro and orange slices.

Nutrition Facts



Properties

Glycemic Index:32.88, Glycemic Load:3.43, Inflammation Score:-5, Nutrition Score:19.379565394443%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 8.36mg, Hesperetin: 8.36mg, Hesperetin: 8.36mg, Hesperetin: 8.36mg Naringenin: 1.86mg, Naringenin: 1.86mg, Naringenin: 1.86mg, Naringenin: 1.86mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 279.22kcal (13.96%), Fat: 10.52g (16.19%), Saturated Fat: 3.38g (21.15%), Carbohydrates: 15.09g (5.03%), Net Carbohydrates: 14.26g (5.19%), Sugar: 12.6g (14%), Cholesterol: 89.78mg (29.93%), Sodium: 473.9mg (20.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.85g (59.71%), Vitamin B1: 0.96mg (64.33%), Selenium:

44.88µg (64.11%), Vitamin B3: 11.35mg (56.76%), Vitamin B6: 1.06mg (53.04%), Vitamin C: 33.52mg (40.63%), Phosphorus: 325.39mg (32.54%), Potassium: 726.43mg (20.76%), Vitamin B2: 0.28mg (16.42%), Zinc: 2.19mg (14.59%), Magnesium: 48.18mg (12.05%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.18mg (11.75%), Copper: 0.13mg (6.49%), Iron: 1.09mg (6.04%), Vitamin A: 301.61IU (6.03%), Manganese: 0.11mg (5.31%), Folate: 21.1µg (5.28%), Vitamin E: 0.78mg (5.22%), Vitamin D: 0.54µg (3.57%), Calcium: 33.17mg (3.32%), Fiber: 0.83g (3.31%), Vitamin K: 2.46µg (2.34%)