



 **97%**
HEALTH SCORE

Orange-Sesame Pork Chops with Teriyaki Whole-Wheat Noodles

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



4

CALORIES



3762 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 1 tablespoon sesame seed black toasted
- 1 cup edamame frozen shelled
- 3 tablespoons orange marmalade
- 5 pork loin chop boneless thick
- 4 servings salt
- 1 bunch scallions thinly sliced

- 1 teaspoon sesame oil
- 6 tablespoons teriyaki sauce
- 5 tablespoons vegetable light
- 1 pound whole-grain spaghetti whole-wheat

Equipment

- frying pan
- pot
- aluminum foil

Directions

- Bring a large pot of salted water to a boil for pasta, and cook pasta to al dente.
- While pasta cooks, heat 2 tablespoons oil in a large skillet over medium-high heat. Season chops with salt and pepper and cook 6 minutes on the first side, 4 to 5 on the second.
- Remove chops to a plate and reserve, cover with foil.
- Add 3 tablespoons orange marmalade, a couple tablespoons teriyaki sauce and a 1/4 cup of water to the pan, bring the sauce to a bubble and combine 1 minute, stir in sesame oil remove from heat.
- While the chop cooks, heat a second skillet with 3 tablespoons oil over medium high heat. Stir-fry the scallions and edamame a couple of minutes.
- Drain pasta and toss with scallions and edamame and remaining teriyaki sauce, about 1/4 cup.
- Sprinkle noodles with sesame seeds, if desired.
- Slice pork or leave chop whole and top with orange-sesame glaze.
- Serve teriyaki noodles alongside.

Nutrition Facts

 **PROTEIN 68.85%**  **FAT 28.64%**  **CARBS 2.51%**

Properties

Glycemic Index:36, Glycemic Load:0.97, Inflammation Score:-10, Nutrition Score:63.743478298187%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 3761.98kcal (188.1%), Fat: 114.74g (176.53%), Saturated Fat: 34.54g (215.9%), Carbohydrates: 22.62g (7.54%), Net Carbohydrates: 19.83g (7.21%), Sugar: 13.95g (15.5%), Cholesterol: 1728.56mg (576.19%), Sodium: 2590.61mg (112.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 620.56g (1241.12%), Selenium: 761.21µg (1087.44%), Vitamin B6: 20.78mg (1039.13%), Vitamin B1: 12.21mg (813.7%), Vitamin B3: 158.33mg (791.67%), Phosphorus: 6241.48mg (624.15%), Zinc: 49.68mg (331.23%), Vitamin B2: 5.18mg (304.65%), Potassium: 10561.4mg (301.75%), Vitamin B12: 13.99µg (233.22%), Vitamin B5: 20.53mg (205.34%), Magnesium: 742.98mg (185.74%), Iron: 16.86mg (93.69%), Copper: 1.74mg (86.86%), Vitamin D: 10.98µg (73.17%), Vitamin E: 3.63mg (24.19%), Calcium: 209.14mg (20.91%), Vitamin A: 1008.44IU (20.17%), Manganese: 0.31mg (15.61%), Vitamin K: 12.72µg (12.11%), Fiber: 2.79g (11.15%), Vitamin C: 3.77mg (4.57%), Folate: 14.67µg (3.67%)