



## Orange Spice Pork Chops

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



80 min.

SERVINGS



4

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 habanero pepper seeded
- 2 tablespoons olive oil
- 6 ounce orange juice concentrate frozen thawed canned
- 4 pork chops thick cut boneless
- 1.5 cups rum

### Equipment

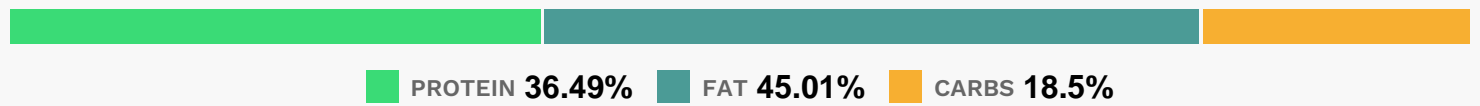
- food processor
- frying pan

blender

## Directions

- In a blender or food processor, combine the orange juice, rum and habanero chile pepper and puree until smooth; set aside.
- In a large skillet over medium high heat, saute the pork chops in the oil for 5 minutes per side, or until well browned.
- Pour in the orange juice mixture, reduce heat to low, cover and simmer for 30 minutes. Flip chops over and simmer for 30 more minutes.

## Nutrition Facts



## Properties

Glycemic Index:15, Glycemic Load:0.08, Inflammation Score:-7, Nutrition Score:21.546086523844%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 541.42kcal (27.07%), Fat: 16.42g (25.26%), Saturated Fat: 4.28g (26.72%), Carbohydrates: 15.19g (5.06%), Net Carbohydrates: 14.73g (5.35%), Sugar: 12.76g (14.18%), Cholesterol: 89.78mg (29.93%), Sodium: 68.56mg (2.98%), Alcohol: 30.06g (100%), Alcohol %: 13.8% (100%), Protein: 29.94g (59.89%), Vitamin C: 65.25mg (79.09%), Vitamin B1: 1.02mg (67.86%), Selenium: 44.54µg (63.62%), Vitamin B3: 11.21mg (56.05%), Vitamin B6: 1.1mg (54.85%), Phosphorus: 333.45mg (33.35%), Potassium: 777.22mg (22.21%), Vitamin B2: 0.33mg (19.3%), Zinc: 2.19mg (14.58%), Magnesium: 50.3mg (12.57%), Vitamin B5: 1.22mg (12.17%), Vitamin B12: 0.71µg (11.84%), Vitamin E: 1.45mg (9.7%), Folate: 33.32µg (8.33%), Copper: 0.12mg (6.11%), Iron: 0.91mg (5.06%), Vitamin K: 4.73µg (4.51%), Vitamin A: 190.33IU (3.81%), Vitamin D: 0.54µg (3.57%), Calcium: 25.96mg (2.6%), Manganese: 0.05mg (2.53%), Fiber: 0.46g (1.85%)