

DINNER

Orange Spice Pork Chops

21 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
80 min	20 min	60 min	4	\$4.08	541 kcal



Orange Spice Pork Chops is a gluten free, dairy free, and fodmap friendly recipe with 4 servings. One serving contains 542 calories, 30g of protein, and 16g of fat. For \$4.08 per serving, this recipe covers 22% of your daily requirements of vitamins and minerals. It works well as a pretty expensive...

Ingredients

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

EQUIPMENT Food processor, Frying pan, Blender

Method

- 1 In a blender or food processor, combine the orange juice, rum and habanero chile pepper and puree until smooth; set aside.
- 2 In a large skillet over medium high heat, saute the pork chops in the oil for 5 minutes per side, or until well browned.
- 3 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 per serving

	541 KCAL	30 g PROTEIN	16 g FAT	15 g CARBS
Saturated Fat				4.3 g · 27% of daily needs
Fibre				0.5 g · 2% of daily needs
Sugar				12.8 g · 14% of daily needs
Sodium				68.6 mg · 3% of daily needs
Cholesterol				89.8 mg · 30% of daily needs
Vitamin C				65.3 mg · 79% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/orange-spice-pork-chops-144238