



 **53%**  
HEALTH SCORE

## Orange-Topped Chops

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

READY IN



**30 min.**

SERVINGS



**6**

CALORIES



**412 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 11 ounces mandarin oranges drained canned
- 1 tablespoon canola oil
- 0.5 teaspoon ground cloves
- 6 servings bell pepper to taste
- 48 ounces pork loin chops bone-in

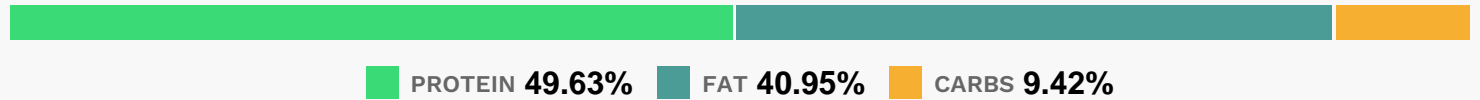
### Equipment

- frying pan
- kitchen thermometer

## Directions

- In a large skillet, brown pork chops in oil on both sides. Top with oranges; sprinkle with cloves and pepper.
- Cover and simmer over medium-high heat for 20–25 minutes or until a meat thermometer reads 160°.

## Nutrition Facts



## Properties

Glycemic Index:5.33, Glycemic Load:0.94, Inflammation Score:-10, Nutrition Score:35.678260834321%

## Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 411.74kcal (20.59%), Fat: 18.34g (28.21%), Saturated Fat: 5.78g (36.13%), Carbohydrates: 9.49g (3.16%), Net Carbohydrates: 7.25g (2.64%), Sugar: 7.42g (8.25%), Cholesterol: 151.95mg (50.65%), Sodium: 114.9mg (5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.01g (100.02%), Vitamin C: 112.98mg (136.94%), Selenium: 75.36µg (107.66%), Vitamin B1: 1.6mg (106.6%), Vitamin B3: 19.08mg (95.4%), Vitamin B6: 1.89mg (94.32%), Vitamin A: 3023.83IU (60.48%), Phosphorus: 537.82mg (53.78%), Potassium: 1075.53mg (30.73%), Vitamin B2: 0.5mg (29.38%), Zinc: 3.98mg (26.54%), Vitamin B12: 1.2µg (20.03%), Vitamin B5: 1.89mg (18.86%), Magnesium: 74.06mg (18.51%), Vitamin E: 1.97mg (13.15%), Manganese: 0.2mg (9.98%), Folate: 36.91µg (9.23%), Fiber: 2.24g (8.98%), Iron: 1.61mg (8.97%), Copper: 0.16mg (8.08%), Vitamin D: 0.91µg (6.05%), Vitamin K: 5.55µg (5.29%), Calcium: 28.38mg (2.84%)