



HEALTH SCORE

61%

Pan-Roasted Pork Chops with Apricot-Ginger Glaze



Gluten Free



Dairy Free



Very Healthy

READY IN



63 min.

SERVINGS



4

CALORIES



2275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon agave nectar
- ☐ 0.5 cup apricot preserves
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1 tablespoon ginger fresh grated
- ☐ 2 garlic cloves minced
- ☐ 0.8 teaspoon garlic powder
- ☐ 0.5 teaspoon ground coriander

- ☐ 1 teaspoon ground cumin
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 teaspoons brown sugar light
- ☐ 2 tablespoons olive oil divided
- ☐ 12 pounds center-cut pork chops bone-in ()
- ☐ 1.3 teaspoons salt divided

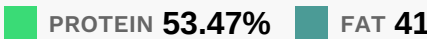
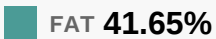
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 35
- ☐ Stir together first 5 ingredients and 1 teaspoon salt in a small bowl. Rub mixture over pork chops, and let stand at room temperature 15 minutes.
- ☐ Meanwhile, heat 1 tablespoon oil in a small saucepan over medium heat.
- ☐ Add ginger and garlic; cook, stirring occasionally, 1 to 2 minutes or until softened. Stir in preserves, agave nectar, lemon juice, and remaining 1/4 teaspoon salt. Bring mixture to a boil, reduce heat, and simmer, stirring occasionally, 3 minutes or until slightly thickened.
- ☐ Remove from heat.
- ☐ Heat remaining 1 tablespoon oil in a large ovenproof skillet over medium-high heat.
- ☐ Add pork chops, and cook 2 to 3 minutes on each side or until browned.
- ☐ Pour apricot mixture over pork chops.
- ☐ Bake 18 to 20 minutes or until a meat thermometer inserted into thickest portion registers 145 (medium-rare) or until desired degree of doneness.
- ☐ Remove from heat, and let stand 3 minutes.
- ☐ Serve with pan juices.

Nutrition Facts

 **PROTEIN 53.47%**  **FAT 41.65%**  **CARBS 4.88%**

Properties

Glycemic Index:25.5, Glycemic Load:0.81, Inflammation Score:-9, Nutrition Score:54.933478194734%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 2275.39kcal (113.77%), Fat: 101.72g (156.49%), Saturated Fat: 34.33g (214.55%), Carbohydrates: 26.8g (8.93%), Net Carbohydrates: 26.4g (9.6%), Sugar: 18.48g (20.54%), Cholesterol: 911.72mg (303.91%), Sodium: 1394.42mg (60.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 293.82g (587.64%), Selenium: 451.58µg (645.12%), Vitamin B1: 9.09mg (606.21%), Vitamin B3: 108.81mg (544.06%), Vitamin B6: 9.93mg (496.69%), Phosphorus: 3085.5mg (308.55%), Vitamin B2: 2.54mg (149.35%), Potassium: 5137.49mg (146.79%), Zinc: 21.19mg (141.28%), Vitamin B12: 7.21µg (120.2%), Vitamin B5: 9.92mg (99.21%), Magnesium: 359.7mg (89.92%), Iron: 7.46mg (41.45%), Copper: 0.81mg (40.62%), Vitamin D: 5.44µg (36.29%), Vitamin E: 2.92mg (19.44%), Calcium: 113.51mg (11.35%), Manganese: 0.17mg (8.4%), Vitamin C: 5.16mg (6.26%), Vitamin K: 5.5µg (5.24%), Vitamin A: 147.7IU (2.95%), Fiber: 0.4g (1.59%)