



 **16%**
HEALTH SCORE

Peachy Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

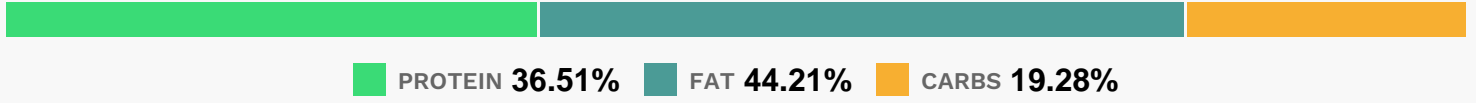
DINNER

Ingredients

- 1.5 teaspoons brown mustard seeds
- 2 tablespoons cornstarch
- 2 tablespoons cooking oil
- 17 ounce peaches diced canned
- 4 pork chops
- 2 tablespoons soya sauce
- 1 tablespoon vinegar

Equipment

Nutrition Facts



Properties

Glycemic Index:26.31, Glycemic Load:4.24, Inflammation Score:-5, Nutrition Score:19.077826086957%

Flavonoids

Cyanidin: 2.31mg, Cyanidin: 2.31mg, Cyanidin: 2.31mg, Cyanidin: 2.31mg Catechin: 5.93mg, Catechin: 5.93mg, Catechin: 5.93mg, Catechin: 5.93mg Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 341.73kcal (17.09%), Fat: 16.65g (25.61%), Saturated Fat: 3.82g (23.89%), Carbohydrates: 16.33g (5.44%), Net Carbohydrates: 14.41g (5.24%), Sugar: 10.27g (11.41%), Cholesterol: 89.78mg (29.93%), Sodium: 583.17mg (25.36%), Protein: 30.94g (61.88%), Selenium: 47.17µg (67.38%), Vitamin B1: 0.93mg (61.89%), Vitamin B3: 12.03mg (60.16%), Vitamin B6: 1.02mg (51.06%), Phosphorus: 342.04mg (34.2%), Potassium: 666.37mg (19.04%), Vitamin B2: 0.3mg (17.59%), Zinc: 2.4mg (15.99%), Vitamin E: 2.28mg (15.2%), Magnesium: 48.38mg (12.09%), Vitamin B5: 1.19mg (11.93%), Vitamin B12: 0.71µg (11.84%), Copper: 0.18mg (9.18%), Vitamin K: 8.61µg (8.2%), Vitamin A: 398.15IU (7.96%), Fiber: 1.92g (7.68%), Iron: 1.32mg (7.32%), Manganese: 0.13mg (6.65%), Vitamin C: 4.94mg (5.99%), Vitamin D: 0.54µg (3.57%), Folate: 8.91µg (2.23%), Calcium: 16.42mg (1.64%)