



Pineapple-Glazed Pork Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 teaspoon rosemary dried crushed
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon pepper
- ☐ 6 ounce pineapple juice canned
- ☐ 16 ounce pork loin chops boneless lean trimmed
- ☐ 0.3 teaspoon salt

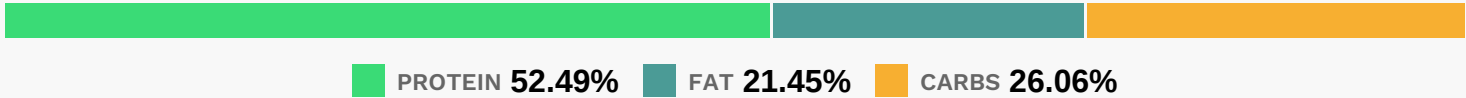
Equipment

☐ frying pan

Directions

- ☐ Press pork chops with palm of hand to flatten slightly; sprinkle with salt and pepper.
- ☐ Coat a large nonstick skillet with cooking spray; place over high heat until hot.
- ☐ Add chops, and cook 1 minute on each side or until browned. Reduce heat to medium-high, and cook chops 4 additional minutes on each side or until done.
- ☐ Remove chops from skillet; set aside, and keep warm.
- ☐ Add pineapple juice and remaining 4 ingredients to skillet, stirring well. Cook over high heat, stirring constantly, scraping particles that cling to bottom. Cook 5 minutes or until juice mixture is thickened. Return chops to skillet, turning to coat with glaze; serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:12.200434916693%

Nutrients (% of daily need)

Calories: 199.02kcal (9.95%), Fat: 4.66g (7.17%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 12.74g (4.25%), Net Carbohydrates: 12.12g (4.41%), Sugar: 11.89g (13.21%), Cholesterol: 71.44mg (23.81%), Sodium: 203.16mg (8.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.66g (51.32%), Selenium: 31.71µg (45.29%), Vitamin B6: 0.89mg (44.72%), Vitamin B1: 0.55mg (36.45%), Vitamin B3: 6.65mg (33.23%), Phosphorus: 259.35mg (25.94%), Potassium: 488.99mg (13.97%), Zinc: 2.09mg (13.96%), Vitamin B2: 0.22mg (13.03%), Vitamin B12: 0.58µg (9.64%), Magnesium: 36.82mg (9.2%), Vitamin B5: 0.86mg (8.56%), Copper: 0.12mg (5.85%), Vitamin C: 4.01mg (4.87%), Iron: 0.81mg (4.47%), Vitamin D: 0.45µg (3.02%), Fiber: 0.61g (2.45%), Calcium: 18.57mg (1.86%), Manganese: 0.03mg (1.52%), Vitamin E: 0.16mg (1.06%)