

# Pineapple Pork Chops

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons brown sugar
- 14.5 ounce chicken broth canned
- 2 tablespoons cornstarch
- 1 tablespoon olive oil
- 0.5 cup pineapple juice
- 4 pork chops boneless
- 2 tablespoons soya sauce
- 1 tablespoon vinegar

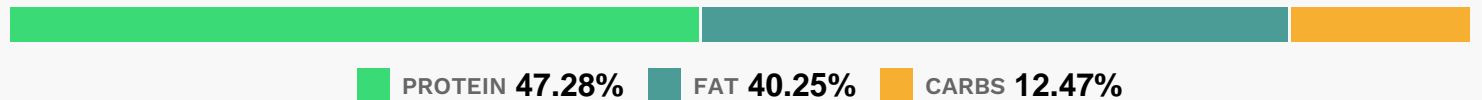
## Equipment

- bowl
- frying pan
- kitchen thermometer

## Directions

- Heat the olive oil in a skillet over medium heat, and brown the pork chops about 5 minutes on each side.
- Remove chops from the skillet, and set aside.
- Mix the chicken broth, soy sauce and vinegar into the skillet, and bring to a boil. Return the pork chops to the skillet, reduce heat, and simmer 20 minutes. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).
- Remove chops from the skillet, reserving broth mixture, and set aside.
- In a bowl, blend the brown sugar, cornstarch, and pineapple juice.
- Mix into the skillet with the chicken broth mixture. Bring to a boil.
- Serve with the cooked pork chops.

## Nutrition Facts



## Properties

Glycemic Index:27.75, Glycemic Load:1.78, Inflammation Score:-4, Nutrition Score:22.529565062212%

## Nutrients (% of daily need)

Calories: 488.55kcal (24.43%), Fat: 21.17g (32.57%), Saturated Fat: 6.08g (38.01%), Carbohydrates: 14.76g (4.92%), Net Carbohydrates: 14.59g (5.31%), Sugar: 8.92g (9.91%), Cholesterol: 141.16mg (47.05%), Sodium: 1065.18mg (46.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.95g (111.89%), Selenium: 63.57µg (90.81%), Vitamin B3: 13.59mg (67.96%), Vitamin B1: 0.92mg (61.08%), Vitamin B6: 1.22mg (60.9%), Phosphorus: 475.05mg (47.51%), Zinc: 4.72mg (31.48%), Vitamin B12: 1.74µg (28.96%), Vitamin B2: 0.37mg (21.8%), Potassium: 722.7mg (20.65%), Magnesium: 62.21mg (15.55%), Iron: 2.39mg (13.3%), Manganese: 0.21mg (10.56%), Vitamin B5: 1.03mg (10.32%), Copper: 0.16mg (8.2%), Vitamin E: 1.01mg (6.75%), Vitamin K: 4.56µg (4.34%), Vitamin D: 0.64µg (4.26%), Vitamin A: 188.73IU (3.77%), Vitamin C: 2.95mg (3.58%), Calcium: 34.74mg (3.47%), Folate: 9.05µg (2.26%)