

Pork Chops in Beer



Gluten Free



Dairy Free



Low Fod Map

READY IN



80 min.

SERVINGS



8

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup brown sugar packed
- 2 cups catsup
- 8 pork chops

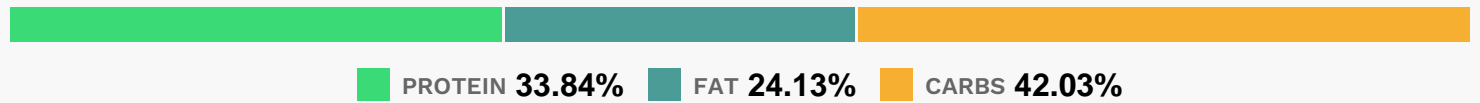
Equipment

- bowl
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, combine the ketchup, brown sugar and beer.
- Mix well and pour into a 9x13 inch baking dish.
- Place the pork chops over this mixture in the dish.
- Place foil over pork chops if they start to brown too quickly.)

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:17.388260680696%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 346.67kcal (17.33%), Fat: 9.36g (14.4%), Saturated Fat: 3.29g (20.57%), Carbohydrates: 36.67g (12.22%), Net Carbohydrates: 36.49g (13.27%), Sugar: 32.79g (36.43%), Cholesterol: 89.78mg (29.93%), Sodium: 614.29mg (26.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.53g (59.05%), Selenium: 45.02µg (64.32%), Vitamin B1: 0.9mg (60.03%), Vitamin B3: 11.58mg (57.92%), Vitamin B6: 1.08mg (53.8%), Phosphorus: 319.27mg (31.93%), Vitamin B2: 0.35mg (20.44%), Potassium: 695.85mg (19.88%), Zinc: 2.19mg (14.57%), Vitamin B12: 0.71µg (11.84%), Magnesium: 44.5mg (11.12%), Vitamin B5: 1.03mg (10.3%), Vitamin E: 1.05mg (7%), Copper: 0.14mg (6.79%), Vitamin A: 313.16IU (6.26%), Iron: 1.03mg (5.7%), Manganese: 0.08mg (4.1%), Vitamin D: 0.54µg (3.57%), Calcium: 35.5mg (3.55%), Vitamin C: 2.46mg (2.98%), Vitamin K: 1.8µg (1.71%), Folate: 5.61µg (1.4%)