



Pork Chops with Ancho Chile Rub and Raspberry Glaze



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons ancho chile powder
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 cup less-sodium beef broth fat-free
- ☐ 24 ounce center-cut pork chops bone-in (1/)
- ☐ 2 tablespoons raspberry preserves seedless
- ☐ 0.5 teaspoon salt

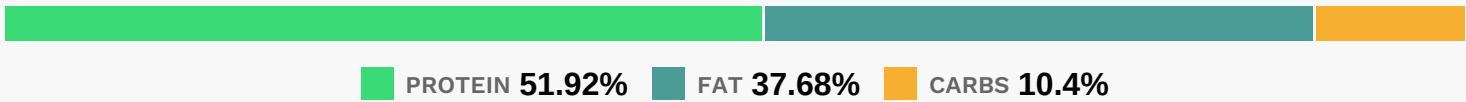
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in a small bowl, stirring well. Rub spice mixture evenly over pork.
- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add pork to pan, and cook 3 minutes on each side or until desired degree of doneness.
- ☐ Remove from pan, and keep warm.
- ☐ Add broth to pan, and cook for 30 seconds, scraping pan to loosen browned bits. Increase heat to medium-high.
- ☐ Add preserves to pan; cook 1 minute or until slightly thick, stirring constantly with a whisk.
- ☐ Brush pork with glaze.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:3.73, Inflammation Score:-4, Nutrition Score:19.994348075079%

Nutrients (% of daily need)

Calories: 295.38kcal (14.77%), Fat: 11.96g (18.4%), Saturated Fat: 4.19g (26.22%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 6.95g (2.53%), Sugar: 4.92g (5.47%), Cholesterol: 113.97mg (37.99%), Sodium: 419.47mg (18.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.08g (74.17%), Selenium: 56.71µg (81.01%), Vitamin B1: 1.14mg (75.93%), Vitamin B3: 13.71mg (68.55%), Vitamin B6: 1.26mg (62.91%), Phosphorus: 389.45mg (38.94%), Potassium: 692.23mg (19.78%), Vitamin B2: 0.33mg (19.53%), Zinc: 2.69mg (17.93%), Vitamin B12: 0.9µg (15.03%), Vitamin B5: 1.25mg (12.47%), Magnesium: 46.26mg (11.57%), Iron: 1.15mg (6.4%), Vitamin A: 305.68IU (6.11%), Copper: 0.12mg (5.8%), Vitamin D: 0.68µg (4.54%), Vitamin E: 0.62mg (4.13%), Vitamin K: 2.13µg (2.03%), Manganese: 0.04mg (1.93%), Fiber: 0.48g (1.92%), Calcium: 18.57mg (1.86%), Vitamin C: 0.92mg (1.11%)