



Pork Chops with Apricot Sauce

 Dairy Free

READY IN



8 min.

SERVINGS



4

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 teaspoons olive oil
- ☐ 16 ounce center-cut loin pork chops boneless 1/
- ☐ 4 servings try build-a-meal
- ☐ 0.5 teaspoon salt
- ☐ 15 ounce apricot halves in extra-light syrup canned

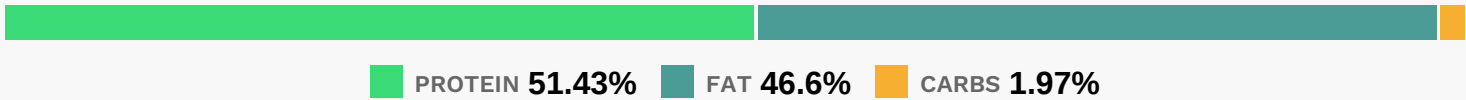
Equipment

☐ frying pan

Directions

- ☐ Combine first 3 ingredients, and sprinkle over both sides of pork chops.
- ☐ Heat oil in large nonstick skillet over medium-high heat.
- ☐ Add pork, and cook 3 minutes on each side or until done.
- ☐ Remove pork from pan; set aside, and keep warm.
- ☐ Drain apricots, reserving syrup.
- ☐ Add 6 tablespoons syrup to pan; cook over medium-high heat 4 to 5 minutes or until mixture is reduced by half, scraping pan to loosen browned bits. Reduce heat to medium.
- ☐ Add remaining 1/2 cup syrup and apricots; cook 5 minutes or until thoroughly heated.
- ☐ Serve sauce over pork.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:13.41304343048%

Nutrients (% of daily need)

Calories: 197.84kcal (9.89%), Fat: 9.91g (15.25%), Saturated Fat: 3.07g (19.16%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.65g (0.24%), Sugar: 0.02g (0.02%), Cholesterol: 75.98mg (25.33%), Sodium: 345.26mg (15.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.61g (49.23%), Selenium: 38.19µg (54.56%), Vitamin B1: 0.76mg (50.64%), Vitamin B3: 9.14mg (45.69%), Vitamin B6: 0.83mg (41.46%), Phosphorus: 263.22mg (26.32%), Vitamin B2: 0.21mg (12.56%), Potassium: 435.32mg (12.44%), Zinc: 1.83mg (12.17%), Vitamin B12: 0.6µg (10.02%), Manganese: 0.17mg (8.74%), Vitamin B5: 0.84mg (8.42%), Magnesium: 32.72mg (8.18%), Iron: 0.71mg (3.92%), Copper: 0.07mg (3.68%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.45mg (3%), Vitamin K: 1.47µg (1.4%), Fiber: 0.29g (1.17%)