



Pork Chops With Cranberry Salsa



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups cranberries fresh
- ☐ 0.3 cup mint leaves fresh
- ☐ 0.3 cup green onions coarsely chopped
- ☐ 0.3 cup honey
- ☐ 0.3 cup low-sugar orange marmalade
- ☐ 2 medium size oranges
- ☐ 0.3 teaspoon pepper
- ☐ 16 ounce center-cut pork loin chops boneless (1/)

☐ 0.5 teaspoon salt

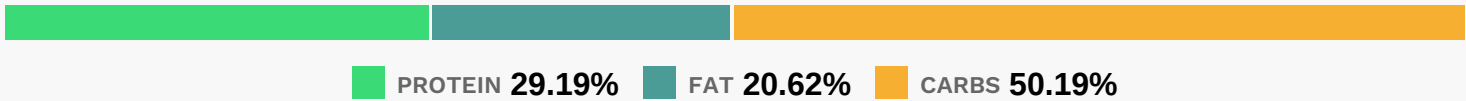
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Grate 2 tablespoons rind from one orange; set grated rind aside.
- ☐ Peel and section oranges over food processor bowl to catch juices.
- ☐ Add orange rind, orange sections, cranberries, and next 3 ingredients; process until coarsely chopped, scraping down sides, if necessary. Cover and chill.
- ☐ Sprinkle pork with salt and pepper; coat with cooking spray.
- ☐ Place a large nonstick skillet over medium-high heat until hot.
- ☐ Add pork; cook 4 minutes on each side.
- ☐ Add marmalade; cook an additional 2 minutes or until pork is done.
- ☐ Place pork on a serving plate; serve with cranberry salsa, using a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:50.94, Glycemic Load:13.28, Inflammation Score:-6, Nutrition Score:19.586521791375%

Flavonoids

Cyanidin: 17.41mg, Cyanidin: 17.41mg, Cyanidin: 17.41mg, Cyanidin: 17.41mg Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.43mg, Peonidin: 18.43mg, Peonidin: 18.43mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Epigallocatechin 3-gallate:

0.36mg, Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 18.13mg, Hesperetin: 18.13mg, Hesperetin: 18.13mg, Hesperetin: 18.13mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 2.58mg, Myricetin: 2.58mg, Myricetin: 2.58mg, Myricetin: 2.58mg Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg

Nutrients (% of daily need)

Calories: 342.36kcal (17.12%), Fat: 8.04g (12.37%), Saturated Fat: 2.8g (17.52%), Carbohydrates: 44.06g (14.69%), Net Carbohydrates: 40.48g (14.72%), Sugar: 37.32g (41.46%), Cholesterol: 75.98mg (25.33%), Sodium: 360.14mg (15.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.62g (51.24%), Vitamin B1: 0.83mg (55.06%), Selenium: 38.25µg (54.64%), Vitamin C: 43.62mg (52.88%), Vitamin B3: 9.41mg (47.05%), Vitamin B6: 0.9mg (45.1%), Phosphorus: 276.56mg (27.66%), Vitamin K: 19.33µg (18.41%), Potassium: 630.67mg (18.02%), Vitamin B2: 0.27mg (15.94%), Fiber: 3.58g (14.31%), Zinc: 1.96mg (13.05%), Manganese: 0.24mg (12.17%), Vitamin B5: 1.13mg (11.34%), Magnesium: 43.25mg (10.81%), Vitamin B12: 0.6µg (10.02%), Copper: 0.16mg (7.88%), Vitamin A: 390.05IU (7.8%), Folate: 30.81µg (7.7%), Iron: 1.12mg (6.21%), Calcium: 59.58mg (5.96%), Vitamin E: 0.82mg (5.46%), Vitamin D: 0.45µg (3.02%)