



 **26%**
HEALTH SCORE

Pork Chops with Ginger Maple Sauce

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 teaspoons canola oil divided
- 1 teaspoon chili powder
- 2 cups rice hot cooked
- 1 tablespoon ginger fresh minced
- 0.5 teaspoon ground cinnamon
- 0.5 cup chicken broth reduced-sodium
- 0.3 cup maple syrup
- 1 medium onion chopped

- 0.5 teaspoon pepper
- 24 ounces pork loin chops bone-in
- 0.5 teaspoon salt

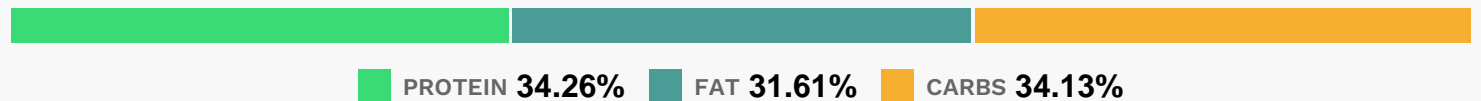
Equipment

- frying pan

Directions

- In a small skillet over medium-low heat, cook onion in 2 teaspoons oil until golden brown and very tender, about 10 minutes.
- Add ginger; cook and stir 2 minutes longer.
- Meanwhile, combine the chili powder, salt, pepper and cinnamon; rub over both sides of pork chops. In a large skillet over medium heat, brown chops in remaining oil for 2-3 minutes on each side.
- Add the broth, syrup and onion mixture. Bring to a boil. Reduce heat; cover and simmer for 8-10 minutes or until meat is tender.
- Remove chops and keep warm.
- Bring broth mixture to a boil; cook, uncovered, until liquid is thickened and reduced to 1/2 cup.
- Serve chops with rice and sauce.

Nutrition Facts



Properties

Glycemic Index:56.13, Glycemic Load:29.51, Inflammation Score:-5, Nutrition Score:25.140000250029%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 475.82kcal (23.79%), Fat: 16.33g (25.12%), Saturated Fat: 4.61g (28.79%), Carbohydrates: 39.66g (13.22%), Net Carbohydrates: 38.47g (13.99%), Sugar: 13.38g (14.86%), Cholesterol: 113.97mg (37.99%), Sodium: 393.39mg (17.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.81g (79.62%), Selenium: 62.5µg (89.29%), Vitamin B1: 1.18mg (78.55%), Vitamin B3: 14.43mg (72.17%), Vitamin B6: 1.36mg (67.94%), Manganese: 0.97mg (48.6%), Phosphorus: 437.86mg (43.79%), Vitamin B2: 0.6mg (35.45%), Potassium: 794.39mg (22.7%), Zinc: 3.28mg (21.84%), Vitamin B5: 1.59mg (15.91%), Magnesium: 63.06mg (15.76%), Vitamin B12: 0.93µg (15.52%), Copper: 0.19mg (9.44%), Vitamin E: 1.16mg (7.75%), Iron: 1.29mg (7.19%), Calcium: 54.97mg (5.5%), Fiber: 1.19g (4.75%), Vitamin D: 0.68µg (4.54%), Vitamin K: 3.98µg (3.79%), Vitamin A: 157.71IU (3.15%), Vitamin C: 2.14mg (2.59%), Folate: 7.99µg (2%)