



Pork Chops with Hoisin-Molasses Barbecue Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups rice white hot cooked
- ☐ 2 garlic cloves minced
- ☐ 4 green onions
- ☐ 3 tablespoons hoisin sauce
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 tablespoon blackstrap molasses

- ☐ 2 teaspoons mustard hot chinese such as Ty Ling brand
- ☐ 24 ounce center-cut loin pork chops boneless 1/
- ☐ 1 tablespoon rice vinegar
- ☐ 0.5 teaspoon salt divided
- ☐ 3 tablespoons sugar

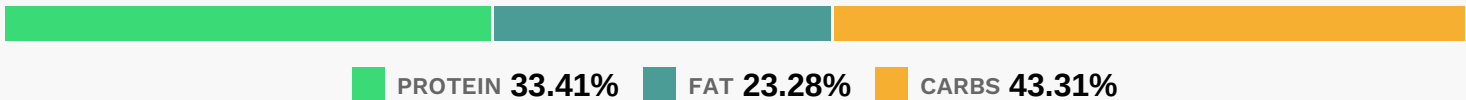
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill pan

Directions

- ☐ Combine sugar and molasses in a small heavy saucepan over medium heat. Cook 3 minutes or until sugar melts, stirring occasionally. Stir in hoisin, vinegar, 1 tablespoon soy sauce, and garlic; bring to a boil. Cook 5 minutes or until slightly thickened, stirring frequently.
- ☐ Remove from heat; stir in mustard. Keep warm.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle 1/4 teaspoon salt and 1/4 teaspoon black pepper over pork.
- ☐ Add pork to pan; cook for 2 minutes on each side or until done.
- ☐ Add pork to hoisin mixture, turning to coat. Keep warm.
- ☐ Add onions to pan; cook 2 minutes or until wilted.
- ☐ Remove onions from pan; chop.
- ☐ Combine onions, the remaining 1/4 teaspoon salt, and rice; serve with pork.

Nutrition Facts



Properties

Glycemic Index:66.52, Glycemic Load:29.43, Inflammation Score:-3, Nutrition Score:17.303043313648%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 336.11kcal (16.81%), Fat: 8.47g (13.03%), Saturated Fat: 2.89g (18.09%), Carbohydrates: 35.46g (11.82%), Net Carbohydrates: 34.58g (12.57%), Sugar: 10.94g (12.15%), Cholesterol: 76.22mg (25.41%), Sodium: 495.76mg (21.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.36g (54.72%), Selenium: 45.02µg (64.32%), Vitamin B1: 0.78mg (52.3%), Vitamin B3: 9.59mg (47.94%), Vitamin B6: 0.95mg (47.35%), Phosphorus: 305.28mg (30.53%), Manganese: 0.51mg (25.64%), Vitamin K: 16.78µg (15.98%), Potassium: 548.11mg (15.66%), Zinc: 2.26mg (15.05%), Vitamin B2: 0.25mg (14.93%), Magnesium: 53.61mg (13.4%), Vitamin B5: 1.19mg (11.91%), Vitamin B12: 0.6µg (10.02%), Copper: 0.16mg (7.92%), Iron: 1.17mg (6.53%), Calcium: 35.36mg (3.54%), Fiber: 0.88g (3.52%), Vitamin D: 0.45µg (3.02%), Folate: 10.66µg (2.67%), Vitamin C: 1.85mg (2.25%), Vitamin E: 0.26mg (1.76%), Vitamin A: 86.51IU (1.73%)