



Pork Chops with Lemon Spinach

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon bottled garlic minced
- ☐ 1 tablespoon brown sugar
- ☐ 0.5 cup wine dry white
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 teaspoons juice of lemon
- ☐ 1 teaspoon olive oil

- ☐ 16 ounce pork loin chops boneless (1/)
- ☐ 0.5 teaspoon salt
- ☐ 10 ounce pkt spinach fresh

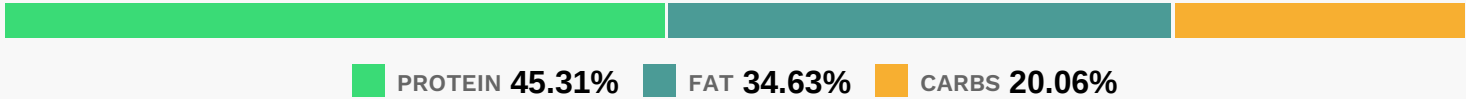
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a shallow dish. Dredge pork in flour mixture.
- ☐ Heat the oil in a large skillet over medium heat.
- ☐ Add pork, and cook 3 minutes on each side or until done.
- ☐ Remove from pan. Stir in wine and lemon juice, scraping pan to loosen browned bits; cook 1 minute.
- ☐ Add garlic, and cook 1 minute.
- ☐ Add spinach, tossing 1 minute or until the spinach wilts.
- ☐ Serve with pork.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:3.93, Inflammation Score:-10, Nutrition Score:30.988260974055%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 264.38kcal (13.22%), Fat: 9.28g (14.28%), Saturated Fat: 3.01g (18.8%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 10.26g (3.73%), Sugar: 3.65g (4.06%), Cholesterol: 75.98mg (25.33%), Sodium: 404.28mg (17.58%), Alcohol: 3.09g (100%), Alcohol %: 1.69% (100%), Protein: 27.33g (54.66%), Vitamin K: 343.17µg (326.83%), Vitamin A: 6676.99IU (133.54%), Selenium: 40.76µg (58.23%), Vitamin B1: 0.87mg (57.74%), Vitamin B6: 1.03mg (51.48%), Vitamin B3: 9.97mg (49.87%), Manganese: 0.79mg (39.38%), Folate: 148.89µg (37.22%), Phosphorus: 308.99mg (30.9%), Vitamin C: 22.1mg (26.79%), Potassium: 869.14mg (24.83%), Magnesium: 91.4mg (22.85%), Vitamin B2: 0.38mg (22.42%), Iron: 2.93mg (16.3%), Zinc: 2.26mg (15.06%), Vitamin E: 1.76mg (11.73%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.94mg (9.38%), Calcium: 91.59mg (9.16%), Copper: 0.18mg (8.99%), Fiber: 1.84g (7.36%), Vitamin D: 0.45µg (3.02%)