



Pork Chops with Tangy Honey Sauce

 Gluten Free  Dairy Free

READY IN



290 min.

SERVINGS



6

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 1 clove garlic
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 pinch ground pepper black
- ☐ 0.5 cup honey
- ☐ 6 pork chops
- ☐ 2 tablespoons soya sauce

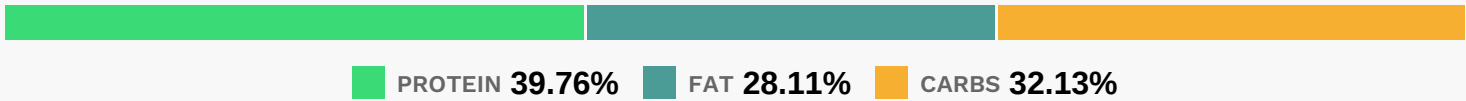
Equipment

- ☐ food processor
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Place pork chops into a large resealable bag. In a blender or food processor, combine the garlic, vinegar, soy sauce, honey, ginger, and pepper. Puree until the garlic has been finely chopped.
- ☐ Pour this mixture over the pork chops. Seal, and marinate in refrigerator at least 4 hours.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Transfer the pork chops and marinade to a baking dish.
- ☐ Bake uncovered in the preheated oven until the sauce has reduced, and the pork is no longer pink in the center, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:28.21, Glycemic Load:12.27, Inflammation Score:-2, Nutrition Score:15.716521591515%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 300.34kcal (15.02%), Fat: 9.31g (14.33%), Saturated Fat: 3.29g (20.54%), Carbohydrates: 23.94g (7.98%), Net Carbohydrates: 23.81g (8.66%), Sugar: 23.34g (25.94%), Cholesterol: 89.78mg (29.93%), Sodium: 401.22mg (17.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.63g (59.27%), Selenium: 44.76µg (63.94%), Vitamin B1: 0.9mg (59.89%), Vitamin B3: 10.99mg (54.93%), Vitamin B6: 1mg (49.92%), Phosphorus: 313.5mg (31.35%), Vitamin B2: 0.27mg (15.79%), Potassium: 537.83mg (15.37%), Zinc: 2.18mg (14.52%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.02mg (10.2%), Magnesium: 38.63mg (9.66%), Manganese: 0.13mg (6.25%), Iron: 0.98mg (5.43%), Copper: 0.1mg (4.81%), Vitamin D: 0.54µg (3.57%), Calcium: 14.05mg (1.4%), Vitamin E: 0.17mg (1.17%)