



 **20%**
HEALTH SCORE

“u” Wing It Pork Loin Chops

 **Gluten Free**

READY IN



65 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tablespoons wine dry red
- 3 garlic clove minced
- 2 tablespoons coarse mustard
- 2 tablespoons horseradish
- 1 tablespoon olive oil
- 1 medium onion diced
- 1.5 lb pork loin chops
- 6 tablespoons ranch dressing

0.5 cup cream sour

Equipment

Nutrition Facts

PROTEIN 33.04% **FAT 60.27%** **CARBS 6.69%**

Properties

Glycemic Index:31, Glycemic Load:1.01, Inflammation Score:-5, Nutrition Score:23.889130434783%

Flavonoids

Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 489.47kcal (24.47%), Fat: 31.24g (48.06%), Saturated Fat: 9.16g (57.25%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 6.72g (2.44%), Sugar: 3.93g (4.37%), Cholesterol: 136.78mg (45.59%), Sodium: 408.84mg (17.78%), Alcohol: 2.36g (13.13%), Protein: 38.52g (77.05%), Selenium: 61.37µg (87.67%), Vitamin B1: 1.18mg (78.37%), Vitamin B3: 13.74mg (68.72%), Vitamin B6: 1.33mg (66.25%), Phosphorus: 469.96mg (47%), Vitamin K: 33.05µg (31.47%), Vitamin B2: 0.4mg (23.48%), Potassium: 763.71mg (21.82%), Zinc: 2.95mg (19.68%), Vitamin B12: 1µg (16.67%), Vitamin B5: 1.59mg (15.89%), Magnesium: 57.16mg (14.29%), Vitamin E: 1.37mg (9.12%), Manganese: 0.14mg (6.92%), Iron: 1.2mg (6.69%), Calcium: 66.6mg (6.66%), Copper: 0.13mg (6.6%), Vitamin C: 4.89mg (5.93%), Vitamin D: 0.7µg (4.69%), Fiber: 1.08g (4.34%), Vitamin A: 200.69IU (4.01%), Folate: 12.72µg (3.18%)