



Raspberry-Glazed Pork Chops

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 1 tsp butter
- 0.3 cup grey poupon dijon mustard
- 1.5 tsp thyme leaves fresh chopped
- 1 tsp orange zest
- 1 lb pork chops boneless
- 0.5 cup raspberry jam seedless

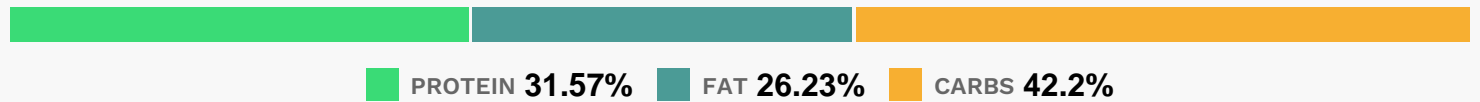
Equipment

frying pan

Directions

- Melt butter in large skillet on medium-high heat.
- Add chops; cook 5 to 7 min. on each side or until browned on both sides.
- Mix remaining ingredients until blended; spoon over chops.
- Cook 5 min. or until sauce is thickened and chops are done (145F), turning chops occasionally.
- Remove from heat.
- Let stand 3 min. before serving.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:17.72, Inflammation Score:-5, Nutrition Score:15.012174055628%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg

Nutrients (% of daily need)

Calories: 331.35kcal (16.57%), Fat: 9.38g (14.43%), Saturated Fat: 3.02g (18.87%), Carbohydrates: 33.94g (11.31%), Net Carbohydrates: 32.7g (11.89%), Sugar: 24.01g (26.68%), Cholesterol: 75.98mg (25.33%), Sodium: 255.23mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.39g (50.79%), Selenium: 43.68µg (62.4%), Vitamin B1: 0.79mg (52.9%), Vitamin B3: 9.17mg (45.86%), Vitamin B6: 0.84mg (42.23%), Phosphorus: 285.89mg (28.59%), Vitamin B2: 0.25mg (14.98%), Potassium: 506.22mg (14.46%), Zinc: 1.91mg (12.71%), Magnesium: 41.83mg (10.46%), Vitamin B12: 0.6µg (10.04%), Vitamin B5: 0.88mg (8.84%), Iron: 1.23mg (6.84%), Copper: 0.13mg (6.26%), Manganese: 0.12mg (6.14%), Vitamin C: 4.96mg (6.02%), Fiber: 1.23g (4.93%), Calcium: 34.35mg (3.44%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.29mg (1.94%), Folate: 6.06µg (1.52%), Vitamin A: 73.97IU (1.48%)