



# Roast Pork Loin Chop

 **Gluten Free**  **Dairy Free**

READY IN



**90 min.**

SERVINGS



**4**

CALORIES



**223 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 large onion peeled sliced
- 4 pork chops thick cut
- 4 servings salt and pepper to taste
- 1 cup water

## Equipment

- frying pan
- oven
- baking pan

- roasting pan
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place meat roasting rack in shallow baking dish or roasting pan.
- Place chops on rack. Salt and pepper to taste. Cover chops with onion slices.
- Pour water in bottom of pan, be sure it is not high enough to touch the chops. Cover with foil or tight lid and roast for one hour.
- Cut into one chop to check for doneness. When chops are done all the way through, remove foil or lid and return to oven for 15 to 20 minutes to brown slightly. Watch carefully during browning.

## Nutrition Facts

**PROTEIN 54.44%** **FAT 39.05%** **CARBS 6.51%**

## Properties

Glycemic Index:6.75, Glycemic Load:0.77, Inflammation Score:-3, Nutrition Score:15.839565474378%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

## Nutrients (% of daily need)

Calories: 222.7kcal (11.14%), Fat: 9.34g (14.36%), Saturated Fat: 3.3g (20.62%), Carbohydrates: 3.5g (1.17%), Net Carbohydrates: 2.87g (1.04%), Sugar: 1.59g (1.77%), Cholesterol: 89.78mg (29.93%), Sodium: 262.57mg (11.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.29g (58.58%), Selenium: 44.54µg (63.63%), Vitamin B1: 0.91mg (60.74%), Vitamin B3: 10.75mg (53.74%), Vitamin B6: 1.02mg (50.89%), Phosphorus: 313.71mg (31.37%), Potassium: 554.61mg (15.85%), Vitamin B2: 0.26mg (15.18%), Zinc: 2.15mg (14.31%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.02mg (10.2%), Magnesium: 39.19mg (9.8%), Copper: 0.1mg (4.96%), Iron: 0.75mg (4.17%), Vitamin D: 0.54µg (3.57%), Vitamin C: 2.78mg (3.36%), Manganese: 0.06mg (2.91%), Fiber: 0.64g (2.55%), Calcium: 19.9mg (1.99%), Folate: 7.13µg (1.78%), Vitamin E: 0.18mg (1.21%)