



Rosemary Pork Chops

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

READY IN

ready

45 min.

SERVINGS

servings

2

CALORIES

calories

600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup all-natural apricot nectar
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 20 ounce pork chops bone-in ()
- ☐ 2 tablespoons dijon mustard
- ☐ 2 teaspoons rosemary fresh finely chopped
- ☐ 2 tablespoons honey
- ☐ 1 juice of lemon
- ☐ 2 servings kosher salt and pepper black freshly ground

- ☐ 2 teaspoons kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon paprika smoked

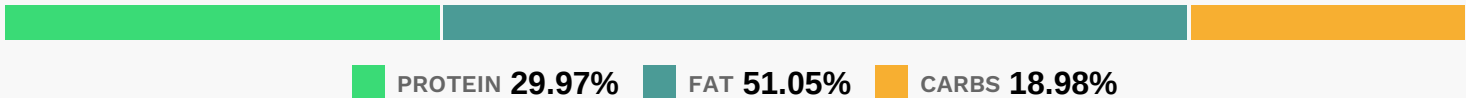
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Whisk together the rosemary, salt, pepper and smoked paprika together in a small bowl.
- ☐ Sprinkle the chops evenly with the rosemary seasoning and let sit out at room temperature for 10 minutes.
- ☐ Heat the oil in a 12-inch skillet over medium-high heat. Once hot, add the pork chops and sear on both sides, about 8 minutes total.
- ☐ Brush with the Apricot Glaze and pop into the oven to finish cooking, another 7 minutes, or until a thermometer inserted into the thickest part of the meat reaches 145 degrees F.
- ☐ Remove from the oven and brush with the glaze once more.
- ☐ To make the glaze, whisk together the nectar, lemon juice, honey, mustard and some salt and pepper together in a small saucepan. Reduce over medium heat and cook, while stirring frequently, until thick like maple syrup, about 12 minutes.

Nutrition Facts



Properties

Glycemic Index:81.64, Glycemic Load:9.21, Inflammation Score:-7, Nutrition Score:27.348260874334%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 600.24kcal (30.01%), Fat: 34.1g (52.46%), Saturated Fat: 8.38g (52.4%), Carbohydrates: 28.53g (9.51%), Net Carbohydrates: 27.35g (9.95%), Sugar: 25.9g (28.77%), Cholesterol: 146.71mg (48.9%), Sodium: 2614.13mg (113.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.05g (90.09%), Selenium: 77.22µg (110.32%), Vitamin B6: 1.54mg (76.82%), Vitamin B1: 1.1mg (73.52%), Vitamin B3: 14.33mg (71.65%), Phosphorus: 468.35mg (46.83%), Vitamin C: 24.63mg (29.86%), Zinc: 3.96mg (26.42%), Vitamin B2: 0.44mg (25.68%), Potassium: 841.81mg (24.05%), Vitamin A: 982.17IU (19.64%), Vitamin B12: 1.13µg (18.78%), Vitamin E: 2.69mg (17.92%), Magnesium: 67.29mg (16.82%), Vitamin B5: 1.66mg (16.58%), Manganese: 0.27mg (13.37%), Iron: 2.01mg (11.14%), Vitamin K: 11.41µg (10.86%), Copper: 0.19mg (9.27%), Vitamin D: 1.06µg (7.09%), Calcium: 66.25mg (6.63%), Fiber: 1.17g (4.7%), Folate: 5.52µg (1.38%)