



Saucy Pork Chops

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

READY IN



50 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 1 tsp garlic powder
- 1 tsp ground ginger
- 1.3 lb pork chops bone-in lean
- 2 Tbsp orange marmalade

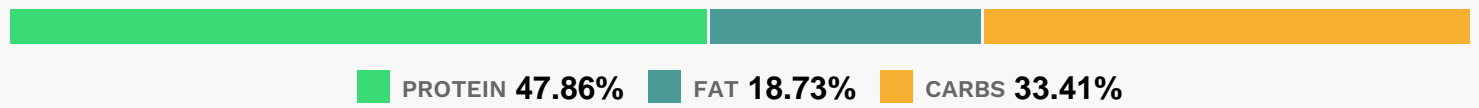
Equipment

- oven
- baking pan

Directions

- Heat oven to 400F.
- Place chops in 8-inch square baking dish sprayed with cooking spray.
- Mix remaining ingredients until blended; pour over chops.
- Bake 35 to 40 min. or until done (145F).
- Remove from oven.
- Let stand 3 min. before serving.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:16.962608565455%

Nutrients (% of daily need)

Calories: 270.18kcal (13.51%), Fat: 5.51g (8.48%), Saturated Fat: 1.59g (9.91%), Carbohydrates: 22.1g (7.37%), Net Carbohydrates: 21.58g (7.85%), Sugar: 17.9g (19.89%), Cholesterol: 97.81mg (32.6%), Sodium: 456.63mg (19.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.66g (63.32%), Selenium: 51.99µg (74.27%), Vitamin B6: 1.1mg (54.81%), Vitamin B3: 10.1mg (50.48%), Vitamin B1: 0.74mg (49.01%), Phosphorus: 323.36mg (32.34%), Zinc: 2.74mg (18.27%), Vitamin B2: 0.31mg (17.94%), Potassium: 614.95mg (17.57%), Vitamin B12: 0.71µg (11.81%), Vitamin B5: 1.11mg (11.06%), Magnesium: 43.26mg (10.82%), Manganese: 0.22mg (10.79%), Iron: 1.3mg (7.21%), Copper: 0.13mg (6.73%), Calcium: 42.24mg (4.22%), Vitamin D: 0.57µg (3.78%), Vitamin E: 0.48mg (3.21%), Fiber: 0.52g (2.1%), Vitamin A: 86.42IU (1.73%)