



Short Sharp Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



72 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup orange juice concentrate undiluted thawed
- ☐ 2 ounce boned center-cut loin pork chops (1/)

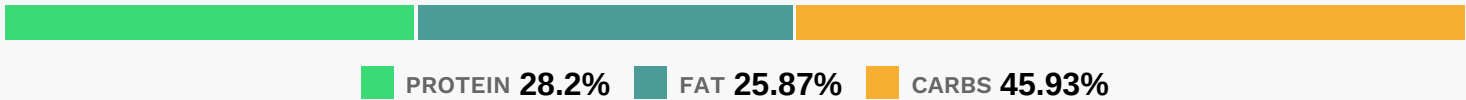
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Trim fat from pork.
- ☐ Combine soy sauce and the next 5 ingredients (soy sauce through garlic) in a large zip-top plastic bag.
- ☐ Add pork to bag; seal and marinate in refrigerator 1 hour, turning bag occasionally.
- ☐ Remove pork from bag; discard marinade.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chops; saut 3 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:6.249999984451%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 71.83kcal (3.59%), Fat: 2.11g (3.25%), Saturated Fat: 0.51g (3.19%), Carbohydrates: 8.43g (2.81%), Net Carbohydrates: 7.87g (2.86%), Sugar: 5.53g (6.15%), Cholesterol: 9.5mg (3.17%), Sodium: 583.25mg (25.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.35%), Vitamin C: 27.43mg (33.25%), Vitamin K: 14.05µg (13.38%), Vitamin B1: 0.16mg (10.45%), Vitamin B6: 0.2mg (9.96%), Vitamin B3: 1.56mg (7.81%), Phosphorus: 74.66mg (7.47%), Manganese: 0.15mg (7.32%), Selenium: 5.11µg (7.3%), Potassium: 251.37mg (7.18%), Folate: 24.88µg (6.22%), Vitamin B2: 0.1mg (6.06%), Magnesium: 23.38mg (5.84%), Zinc: 0.42mg (2.81%), Iron: 0.5mg (2.77%), Vitamin B5: 0.27mg (2.73%), Vitamin A: 131.65IU (2.63%), Vitamin E: 0.38mg (2.5%), Fiber: 0.57g (2.27%), Calcium: 21.01mg (2.1%), Copper: 0.04mg (2.07%), Vitamin B12: 0.08µg (1.25%)