



## Simple But Awesome Lemon Pepper Pork Chops

 Gluten Free  Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



664 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 tablespoons butter
- 1 tablespoon lemon pepper
- 8 tablespoons olive oil
- 4 pork chops
- 4 teaspoons worcestershire sauce

### Equipment

- oven

aluminum foil

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Tear off a generous square of tin foil for each chop, enough to wrap and seal completely. Coat both sides of each chop with lemon pepper.

Put 1 tablespoon butter and 1 tablespoon olive oil in the middle of each square of tin foil.

Put the peppered chops on top of the butter and oil. Put 1 tablespoon of butter and 1 tablespoon olive oil on top of each chop.

Add 1 teaspoon Worcestershire sauce over the top of each chop. Wrap each chop tightly and place on middle rack of oven.

Bake for 35 minutes.

## Nutrition Facts

**PROTEIN 17.58%** **FAT 81.14%** **CARBS 1.28%**

## Properties

Glycemic Index:20.5, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:18.97434767692%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

## Nutrients (% of daily need)

Calories: 664.36kcal (33.22%), Fat: 60.06g (92.39%), Saturated Fat: 21.56g (134.75%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 1.75g (0.64%), Sugar: 0.63g (0.7%), Cholesterol: 149.98mg (49.99%), Sodium: 323.22mg (14.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.27g (58.54%), Selenium: 44.74µg (63.91%), Vitamin B1: 0.9mg (60.07%), Vitamin B3: 10.77mg (53.87%), Vitamin B6: 0.98mg (48.9%), Vitamin E: 4.88mg (32.51%), Phosphorus: 315.53mg (31.55%), Vitamin K: 21.33µg (20.32%), Potassium: 574.76mg (16.42%), Vitamin B2: 0.27mg (15.76%), Vitamin A: 718.03IU (14.36%), Zinc: 2.13mg (14.21%), Vitamin B12: 0.76µg (12.63%), Vitamin B5: 1.03mg (10.26%), Manganese: 0.2mg (10.03%), Magnesium: 38.74mg (9.69%), Iron: 1.3mg (7.2%), Copper: 0.11mg (5.35%), Vitamin D: 0.54µg (3.57%), Calcium: 29.44mg (2.94%), Fiber: 0.38g (1.52%)