



Skillet-Barbecued Pork Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large clove garlic minced
- ☐ 1 tablespoon juice of lemon
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 0.3 cup onion minced
- ☐ 16 ounce center-cut loin pork chops boneless
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup no-salt-added tomato paste
- ☐ 1 cup water

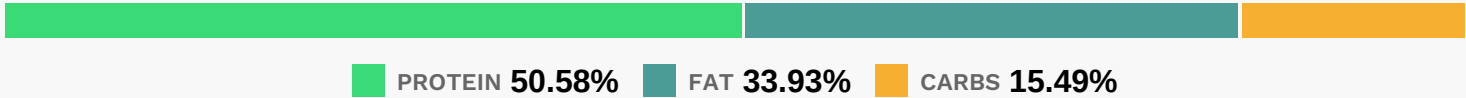
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Trim fat from chops. Coat a small nonstick skillet with cooking spray, and place over medium-high heat until hot.
- ☐ Add pork chops, and cook 2 minutes on each side or until browned.
- ☐ Remove chops from pan. Wipe drippings from pan with a paper towel.
- ☐ Coat pan with cooking spray; place over medium-high heat until hot.
- ☐ Add onion and garlic; saut 1 minute.
- ☐ Add water and remaining 5 ingredients to pan; stir well. Return chops to pan; bring to a boil. Reduce heat, and simmer, uncovered, 20 minutes or until tender.
- ☐ To serve, spoon sauce mixture over pork chops.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:2.46, Inflammation Score:-6, Nutrition Score:17.630000031513%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 215.4kcal (10.77%), Fat: 8.08g (12.43%), Saturated Fat: 2.82g (17.63%), Carbohydrates: 8.3g (2.77%), Net Carbohydrates: 6.68g (2.43%), Sugar: 4.57g (5.08%), Cholesterol: 75.98mg (25.33%), Sodium: 821.35mg (35.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.11g (54.22%), Selenium: 39.49µg (56.42%), Vitamin B1:

0.79mg (52.52%), Vitamin B3: 10.22mg (51.11%), Vitamin B6: 0.94mg (46.81%), Phosphorus: 307.73mg (30.77%), Potassium: 818.78mg (23.39%), Vitamin B2: 0.29mg (17.22%), Zinc: 2.09mg (13.95%), Magnesium: 53.52mg (13.38%), Vitamin C: 9.6mg (11.63%), Vitamin E: 1.61mg (10.75%), Copper: 0.21mg (10.26%), Vitamin A: 504.47IU (10.09%), Vitamin B12: 0.6µg (10.02%), Iron: 1.74mg (9.68%), Vitamin B5: 0.93mg (9.31%), Manganese: 0.18mg (9.19%), Fiber: 1.62g (6.49%), Vitamin K: 3.79µg (3.61%), Vitamin D: 0.45µg (3.02%), Folate: 11.88µg (2.97%), Calcium: 29.03mg (2.9%)