



Smoked Pork Chop



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

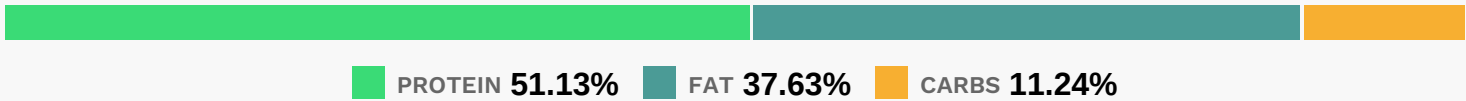
- ☐ 4 tablespoons cider vinegar
- ☐ 2 tablespoons brown sugar light
- ☐ 2 tablespoons mustard dijon-style
- ☐ 4 pork chops smoked

Equipment

Directions

Brown chops on both sides. Stir in sugar, mustard, vinegar and 1/4 cup water. Bring to boil, reduce heat cover and simmer about 10 minutes or until chops are well covered and hot.4.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:15.633043294692%

Nutrients (% of daily need)

Calories: 238.23kcal (11.91%), Fat: 9.55g (14.7%), Saturated Fat: 3.3g (20.64%), Carbohydrates: 6.42g (2.14%), Net Carbohydrates: 6.1g (2.22%), Sugar: 5.99g (6.65%), Cholesterol: 89.78mg (29.93%), Sodium: 149.25mg (6.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.2g (58.41%), Selenium: 46.99µg (67.13%), Vitamin B1: 0.91mg (60.53%), Vitamin B3: 10.75mg (53.76%), Vitamin B6: 0.98mg (49.02%), Phosphorus: 312.38mg (31.24%), Potassium: 530mg (15.14%), Vitamin B2: 0.25mg (14.87%), Zinc: 2.13mg (14.22%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1mg (10.05%), Magnesium: 39.73mg (9.93%), Iron: 0.86mg (4.79%), Copper: 0.08mg (4.23%), Manganese: 0.08mg (4.09%), Vitamin D: 0.54µg (3.57%), Calcium: 20.14mg (2.01%), Vitamin E: 0.2mg (1.34%), Fiber: 0.32g (1.29%)