



Spicy Orange Pork Chops



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup orange marmalade
- ☐ 2 tablespoons butter melted
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 tablespoons cranberries dried
- ☐ 2 medium sweet potatoes and into peeled cut into 1/2-inch slices
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 2 tablespoons soya sauce

- ☐ 1 lb pork loin boneless
- ☐ 0.8 cup frangelico

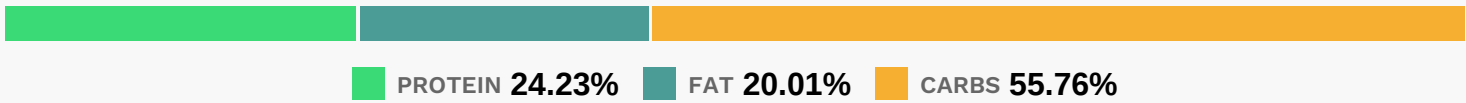
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In medium bowl, mix marmalade, butter, cinnamon and ginger. Stir in cranberries and sweet potatoes; set aside.
- ☐ In shallow dish, mix Bisquick mix and red pepper. In another shallow dish, place soy sauce. Dip pork into soy sauce, then coat with Bisquick mixture. Spray 10-inch skillet with cooking spray; heat over medium-high heat. Cook pork in skillet 6 to 8 minutes, turning once, until coating is brown.
- ☐ Place pork in ungreased 13x9-inch (3-quart) glass baking dish. Arrange sweet potato mixture around pork.
- ☐ Bake 40 to 45 minutes or until sweet potatoes are tender and pork is no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:11.3, Inflammation Score:-10, Nutrition Score:22.361739075702%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 458.75kcal (22.94%), Fat: 10.42g (16.03%), Saturated Fat: 2.62g (16.4%), Carbohydrates: 65.32g (21.77%), Net Carbohydrates: 60.89g (22.14%), Sugar: 42.35g (47.05%), Cholesterol: 71.44mg (23.81%), Sodium: 716.84mg (31.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.39g (56.79%), Vitamin A: 16367.59IU (327.35%), Vitamin B6: 1.13mg (56.45%), Selenium: 32.68µg (46.69%), Vitamin B1: 0.6mg (40.05%), Vitamin B3: 7.61mg (38.04%), Phosphorus: 325.25mg (32.52%), Manganese: 0.5mg (25.22%), Potassium: 857.24mg (24.49%), Vitamin B2: 0.31mg (18.49%), Vitamin B5: 1.81mg (18.15%), Fiber: 4.43g (17.74%), Zinc: 2.46mg (16.43%), Magnesium: 63.79mg (15.95%), Copper: 0.3mg (15.19%), Vitamin B12: 0.59µg (9.76%), Iron: 1.71mg (9.47%), Calcium: 67.39mg (6.74%), Vitamin C: 5.41mg (6.55%), Vitamin E: 0.89mg (5.94%), Folate: 19.1µg (4.78%), Vitamin D: 0.45µg (3.02%), Vitamin K: 2.78µg (2.65%)