



Succulent Pork Chops



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



4

CALORIES



715 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups brown sugar
- ☐ 0.3 cup hoisin sauce
- ☐ 1 cup soya sauce low sodium
- ☐ 4 pork chops ()
- ☐ 0.3 cup vinegar white

Equipment

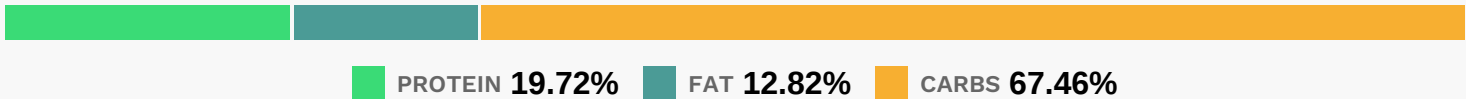
- ☐ bowl
- ☐ oven

☐ baking pan

Directions

- ☐ Stir together the hoisin sauce, vinegar, brown sugar, and soy sauce in a medium bowl. Dip each pork chop into the mixture, and place in a shallow baking dish.
- ☐ Pour any remaining sauce over the top. Cover, and refrigerate for 30 to 60 minutes.
- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Bake the pork chops uncovered until the sauce has turned to a glaze and the meat is cooked through, 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:20.963478351417%

Nutrients (% of daily need)

Calories: 715.32kcal (35.77%), Fat: 10.27g (15.8%), Saturated Fat: 3.44g (21.47%), Carbohydrates: 121.59g (40.53%), Net Carbohydrates: 120.5g (43.82%), Sugar: 113.28g (125.87%), Cholesterol: 90.47mg (30.16%), Sodium: 2761.69mg (120.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.54g (71.07%), Selenium: 46.48µg (66.41%), Vitamin B1: 0.92mg (61.35%), Vitamin B3: 11.82mg (59.1%), Vitamin B6: 1.13mg (56.71%), Phosphorus: 422.41mg (42.24%), Vitamin B2: 0.45mg (26.51%), Potassium: 898.11mg (25.66%), Magnesium: 94.39mg (23.6%), Manganese: 0.42mg (20.85%), Zinc: 2.69mg (17.92%), Iron: 2.55mg (14.15%), Vitamin B5: 1.34mg (13.39%), Calcium: 128.09mg (12.81%), Vitamin B12: 0.71µg (11.84%), Copper: 0.19mg (9.41%), Folate: 34.42µg (8.61%), Fiber: 1.09g (4.35%), Vitamin D: 0.54µg (3.57%), Vitamin E: 0.5mg (3.33%)