



Sweet glazed pork



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tsp five spice powder chinese
- ☐ 3 tbsp clear honey
- ☐ 1 tablespoon orange juice
- ☐ 4 pork loin chops trimmed of fat
- ☐ 4 heads yu choy halved

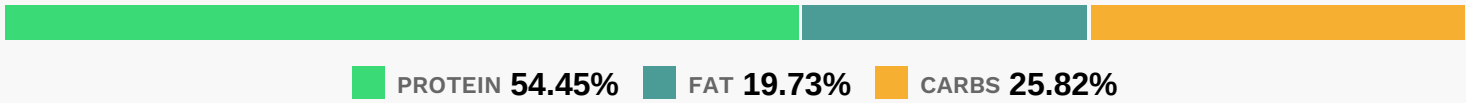
Equipment

- ☐ grill
- ☐ grill pan

Directions

- ☐ Mix the five-spice powder, honey and enough orange juice to loosen, then smear over the chops. Leave to marinate for 10 mins.
- ☐ Heat grill to medium, then grill the chops for 4-5 mins on each side, basting with any leftover glaze, until cooked through.
- ☐ Steam the heads of bok choy for 2 mins until wilted.
- ☐ Serve with the pork chops, drizzled with any juices and glaze from the grill pan.

Nutrition Facts



Properties

Glycemic Index:27.32, Glycemic Load:7.03, Inflammation Score:-2, Nutrition Score:16.419565387394%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 226.95kcal (11.35%), Fat: 4.91g (7.55%), Saturated Fat: 1.63g (10.2%), Carbohydrates: 14.46g (4.82%), Net Carbohydrates: 14.12g (5.14%), Sugar: 13.29g (14.76%), Cholesterol: 88.44mg (29.48%), Sodium: 66.89mg (2.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.48g (60.96%), Selenium: 46.46µg (66.37%), Vitamin B1: 0.94mg (62.62%), Vitamin B3: 11.17mg (55.86%), Vitamin B6: 1.03mg (51.58%), Phosphorus: 323.71mg (32.37%), Potassium: 564.09mg (16.12%), Vitamin B2: 0.27mg (15.74%), Zinc: 2.27mg (15.16%), Vitamin B12: 0.68µg (11.39%), Vitamin B5: 1.03mg (10.34%), Magnesium: 40.36mg (10.09%), Iron: 1.51mg (8.41%), Copper: 0.1mg (5.11%), Vitamin C: 3.89mg (4.72%), Manganese: 0.07mg (3.5%), Vitamin D: 0.4µg (2.68%), Calcium: 23.39mg (2.34%), Fiber: 0.33g (1.33%), Vitamin E: 0.18mg (1.17%)