



Sweet-n-Sour Pork Chops



Gluten Free



Dairy Free

READY IN



19 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apricot preserves
- ☐ 1 teaspoon ginger fresh minced
- ☐ 4 servings salt and ground pepper black
- ☐ 2 tablespoons soya sauce reduced-sodium
- ☐ 16 ounce pork loin chops boneless
- ☐ 0.3 cup scallions chopped
- ☐ 1 tablespoon sesame oil

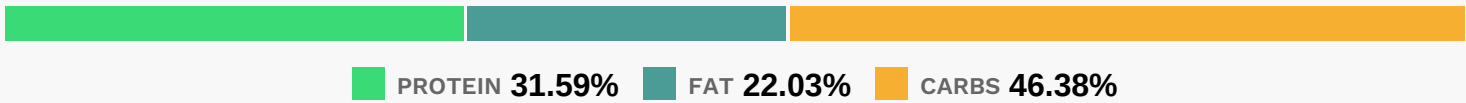
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium-high heat. Season pork chops all over with salt and black pepper and add to hot pan. Cook chops 2 minutes per side, until golden brown.
- ☐ Add apricot preserves, soy sauce and ginger and bring to a simmer. Partially cover and simmer 5 minutes, until pork is cooked through.
- ☐ Remove from heat and stir in scallions.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:13.5291304381%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 330.97kcal (16.55%), Fat: 8.27g (12.72%), Saturated Fat: 1.93g (12.03%), Carbohydrates: 39.15g (13.05%), Net Carbohydrates: 38.72g (14.08%), Sugar: 25.86g (28.74%), Cholesterol: 71.44mg (23.81%), Sodium: 368.31mg (16.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.66g (53.32%), Selenium: 32.68µg (46.69%), Vitamin B6: 0.89mg (44.28%), Vitamin B1: 0.51mg (33.95%), Vitamin B3: 6.66mg (33.32%), Phosphorus: 272.84mg (27.28%), Potassium: 518.47mg (14.81%), Vitamin B2: 0.25mg (14.68%), Zinc: 2.17mg (14.45%), Vitamin K: 13.58µg (12.93%), Magnesium: 39.01mg (9.75%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.89mg (8.89%), Vitamin C: 6.4mg (7.76%), Copper: 0.14mg (6.82%), Iron: 1.12mg (6.2%), Manganese: 0.09mg (4.47%), Vitamin A: 184.11IU (3.68%), Vitamin D: 0.45µg (3.02%), Calcium: 24.92mg (2.49%), Vitamin E: 0.34mg (2.29%), Folate: 8.18µg (2.05%), Fiber: 0.43g (1.72%)