



Teriyaki Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup soya sauce
- 2 tablespoons cooking sherry sweet
- 1.5 tablespoons brown sugar light packed
- 2.5 tablespoons apple cider vinegar
- 1 tablespoon vegetable oil
- 1.5 tablespoons ginger fresh minced peeled
- 2 rib pork chops 1-inch-thick
- 1 large garlic clove

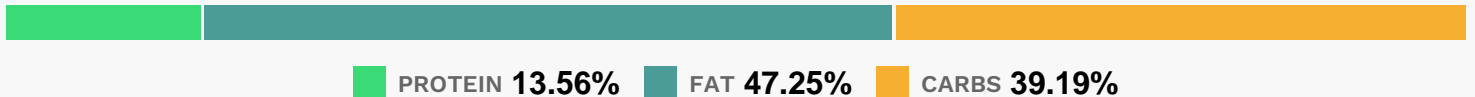
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Finely chop garlic. In a saucepan bring soy sauce, mirin or Sherry, and vinegar to a boil with garlic, brown sugar, and gingerroot, stirring until brown sugar is dissolved.
- Transfer marinade to a metal bowl set in a large bowl of ice and cold water and cool, stirring occasionally, to room temperature.
- In a small dish arrange pork chops in one layer and pour marinade over them, turning chops to coat well. Marinate chops at room temperature, turning them once, 15 minutes.
- Pour marinade into a small saucepan and simmer 5 minutes. In a 10- to 12-inch heavy skillet heat oil over moderate heat until hot but not smoking and cook chops 6 to 8 minutes on each side, or until just cooked through.
- Serve chops drizzled with marinade.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:0.67, Inflammation Score:-2, Nutrition Score:3.8834782786181%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 141.73kcal (7.09%), Fat: 6.95g (10.7%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 12.98g (4.33%), Net Carbohydrates: 12.53g (4.56%), Sugar: 9.71g (10.79%), Cholesterol: 0.67mg (0.22%), Sodium: 2165.55mg (94.15%), Alcohol: 1.54g (100%), Alcohol %: 2.04% (100%), Protein: 4.49g (8.98%), Manganese: 0.3mg (15.01%), Vitamin K: 12.6µg (12%), Vitamin B3: 1.68mg (8.42%), Iron: 1.13mg (6.25%), Vitamin B6: 0.12mg (6.14%), Phosphorus: 61.17mg (6.12%), Magnesium: 21.61mg (5.4%), Potassium: 149.81mg (4.28%), Vitamin B2: 0.07mg (3.9%), Vitamin E: 0.57mg (3.82%), Copper: 0.08mg (3.77%), Vitamin B1: 0.03mg (2.3%), Calcium: 21.49mg (2.15%), Folate: 7.82µg (1.96%), Vitamin B5: 0.19mg (1.91%), Fiber: 0.45g (1.78%), Zinc: 0.25mg (1.63%), Selenium: 1.03µg (1.47%)