



Amazing 'Pizza' Pork Chops

 Gluten Free

READY IN



40 min.

SERVINGS



5

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup basil fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 pinch salt and ground pepper black to taste
- ☐ 5 slices mozzarella cheese
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 5 pork chops boneless
- ☐ 5 slices tomatoes (1/)

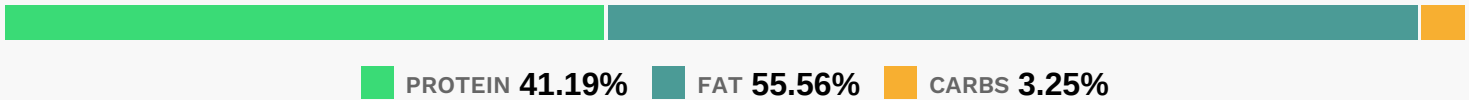
Equipment

- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat an outdoor grill for medium heat.
- ☐ Season the pork chops with salt and black pepper and arrange in the bottom of a disposable aluminum pan; top each with a tomato slice. Divide the basil, oregano, and garlic between the pork chops; drizzle with the olive oil. Cover the pan with aluminum foil.
- ☐ Cook on the preheated grill until the pork is no longer pink in the center, about 25 minutes. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).
- ☐ Remove the pan from the grill; top each pork chop with a slice of mozzarella cheese, replace the aluminum foil over the pan, and wait until the cheese melts, 3 to 5 minutes, before serving.

Nutrition Facts



Properties

Glycemic Index:40.4, Glycemic Load:0.58, Inflammation Score:-8, Nutrition Score:20.425652047862%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 351.83kcal (17.59%), Fat: 21.34g (32.84%), Saturated Fat: 7.81g (48.79%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2g (0.73%), Sugar: 1.06g (1.18%), Cholesterol: 112.16mg (37.39%), Sodium: 243.94mg (10.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.6g (71.2%), Selenium: 49.39µg (70.56%), Vitamin B1: 0.92mg (61.12%), Vitamin B3: 10.96mg (54.8%), Vitamin B6: 1.03mg (51.61%), Phosphorus: 413.64mg (41.36%), Vitamin B12:

1.36µg (22.6%), Vitamin B2: 0.34mg (20.04%), Zinc: 3mg (20.01%), Calcium: 175.57mg (17.56%), Potassium: 606.62mg (17.33%), Vitamin K: 17.41µg (16.58%), Magnesium: 47.28mg (11.82%), Vitamin B5: 1.06mg (10.57%), Vitamin A: 502.33IU (10.05%), Vitamin E: 1.37mg (9.16%), Iron: 1.33mg (7.37%), Manganese: 0.14mg (6.75%), Copper: 0.11mg (5.44%), Vitamin C: 4.31mg (5.23%), Vitamin D: 0.65µg (4.33%), Fiber: 0.8g (3.19%), Folate: 9.26µg (2.31%)