



Andrew's Favorite Grilled Pork Chops



Gluten Free



Dairy Free

READY IN



520 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons rosemary fresh minced
- ☐ 2 green onions sliced
- ☐ 0.3 cup soya sauce reduced-sodium
- ☐ 0.3 cup olive oil
- ☐ 1 cup orange juice
- ☐ 4 center cut pork chops thick-cut boneless

Equipment

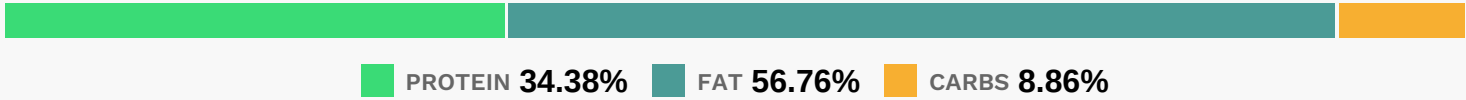
- ☐ grill

☐ kitchen thermometer

Directions

- ☐ Mix the orange juice, soy sauce, olive oil, rosemary, and green onions in a large plastic zipper bag; place the chops into the bag, squeeze out the air, and seal the bag. Refrigerate to marinate 8 hours or overnight.
- ☐ The next day, preheat an outdoor grill for medium heat, and lightly oil the grate.
- ☐ Remove the chops from the marinade, and discard the used marinade. Shake excess marinade from the chops, and grill until pork is browned, no longer pink inside, and shows good grill marks, about 15 minutes per side. An instant-read meat thermometer inserted into the thickest part of a chop should read at least 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:3.38, Inflammation Score:-5, Nutrition Score:20.676956415176%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 369.04kcal (18.45%), Fat: 23g (35.39%), Saturated Fat: 5.17g (32.32%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 7.65g (2.78%), Sugar: 5.45g (6.06%), Cholesterol: 89.78mg (29.93%), Sodium: 831.18mg (36.14%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 31.35g (62.69%), Vitamin B1: 0.96mg (64.09%), Selenium: 44.56µg (63.65%), Vitamin B3: 11.23mg (56.13%), Vitamin B6: 1.04mg (51.77%), Vitamin C: 32.14mg (38.96%), Phosphorus: 350.91mg (35.09%), Potassium: 715.65mg (20.45%), Vitamin K: 20.61µg (19.63%), Vitamin B2: 0.32mg (18.96%), Zinc: 2.3mg (15.33%), Vitamin E: 2.26mg (15.09%), Magnesium: 57.57mg (14.39%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.16mg (11.65%), Folate: 31.84µg (7.96%), Iron: 1.25mg (6.94%), Manganese: 0.12mg (5.91%), Copper: 0.12mg (5.89%), Vitamin A: 190.64IU (3.81%), Vitamin D: 0.54µg (3.57%), Calcium: 27.19mg (2.72%), Fiber: 0.44g (1.74%)