



Asian Grilled Pork



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large garlic clove smashed
- ☐ 0.5 tablespoon honey
- ☐ 0.5 tablespoon juice of lime fresh
- ☐ 1.8 lb pork chops thin
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 spring onion chopped
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon vegetable oil

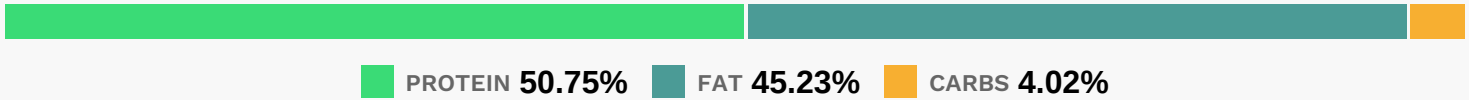
Equipment

- ☐ grill
- ☐ grill pan

Directions

- ☐ Combine soy sauce, oil, honey, lime juice, ginger and garlic in a large zip-top bag.
- ☐ Add pork chops, squeeze out air, seal and turn to coat pork. Chill for 15 minutes.
- ☐ Prepare a grill or grease a grill pan and place over medium heat. When hot, add chops and cook until nicely marked and just cooked through, about 7 minutes total, turning once.
- ☐ Transfer chops to a platter and let stand for 3 minutes before serving.
- ☐ Sprinkle with scallions.

Nutrition Facts



Properties

Glycemic Index:32.32, Glycemic Load:1.32, Inflammation Score:-3, Nutrition Score:23.915217321852%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 352.67kcal (17.63%), Fat: 17.2g (26.47%), Saturated Fat: 5.39g (33.69%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 3.18g (1.16%), Sugar: 2.42g (2.69%), Cholesterol: 132.96mg (44.32%), Sodium: 347.92mg (15.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.43g (86.87%), Selenium: 66.03µg (94.32%), Vitamin B1: 1.33mg (88.78%), Vitamin B3: 16.1mg (80.48%), Vitamin B6: 1.47mg (73.28%), Phosphorus: 458.49mg (45.85%), Vitamin B2: 0.38mg (22.43%), Potassium: 776.17mg (22.18%), Zinc: 3.14mg (20.96%), Vitamin K: 18.7µg (17.81%), Vitamin B12: 1.05µg (17.53%), Vitamin B5: 1.47mg (14.74%), Magnesium: 55.52mg (13.88%), Manganese: 0.14mg (7.21%), Iron: 1.26mg (7.02%), Copper: 0.13mg (6.35%), Vitamin D: 0.79µg (5.29%), Vitamin E: 0.57mg (3.83%), Vitamin C: 1.94mg (2.35%), Calcium: 21.17mg (2.12%), Vitamin A: 68.84IU (1.38%), Folate: 4.95µg (1.24%), Fiber: 0.26g

(1.02%)