



Asian Marinated Pork Chops

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup brown sugar
- 1 tablespoon roasted chili paste red
- 2 cloves garlic crushed
- 1 tablespoon ground cumin
- 1 tablespoon ground ginger
- 6 pork chops ()
- 1 cup soya sauce

Equipment

grill

kitchen thermometer

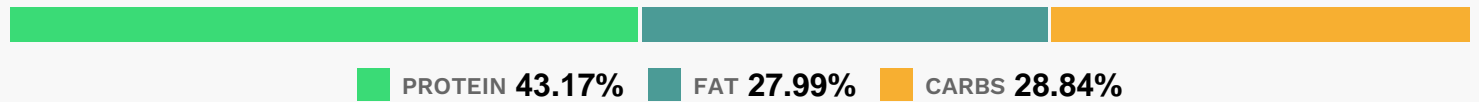
Directions

Place the soy sauce, brown sugar, garlic, ginger, cumin, and chili paste in a large, heavy plastic zipper bag. Smush the bag a few times with your fingers to mix all the ingredients thoroughly and dissolve the brown sugar; place the pork chops into the marinade, and seal the bag. Allow to marinate for 30 to 45 minutes.

Preheat an outdoor grill for medium heat, and lightly oil the grate.

Remove the pork chops from the marinade, and discard the marinade. Shake off excess marinade, and grill the pork chops until browned, the meat is no longer pink inside, and the chops show good grill marks, 5 to 7 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:8.33, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:18.893043479518%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 311.37kcal (15.57%), Fat: 9.61g (14.78%), Saturated Fat: 3.33g (20.79%), Carbohydrates: 22.28g (7.43%), Net Carbohydrates: 21.71g (7.89%), Sugar: 18.74g (20.82%), Cholesterol: 89.78mg (29.93%), Sodium: 2231.98mg (97.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.35g (66.69%), Selenium: 45.57µg (65.1%), Vitamin B3: 12.43mg (62.14%), Vitamin B1: 0.93mg (61.84%), Vitamin B6: 1.08mg (54.2%), Phosphorus: 363.15mg (36.31%), Manganese: 0.54mg (27.08%), Potassium: 648.93mg (18.54%), Vitamin B2: 0.31mg (18.49%), Zinc: 2.34mg (15.62%), Magnesium: 57.97mg (14.49%), Iron: 2.59mg (14.37%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.15mg (11.54%), Copper: 0.16mg (7.75%), Calcium: 44.93mg (4.49%), Vitamin D: 0.54µg (3.57%), Fiber: 0.57g (2.26%), Folate: 7.65µg (1.91%), Vitamin E: 0.22mg (1.43%)