



Bada Bing Pork Chops

 Gluten Free  Dairy Free

READY IN



500 min.

SERVINGS



6

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple sauce
- 6 pork chops bone-in
- 1 juice of lime juiced
- 0.3 cup pepper sauce hot
- 1 cup salad dressing italian-style
- 0.5 cup worcestershire sauce

Equipment

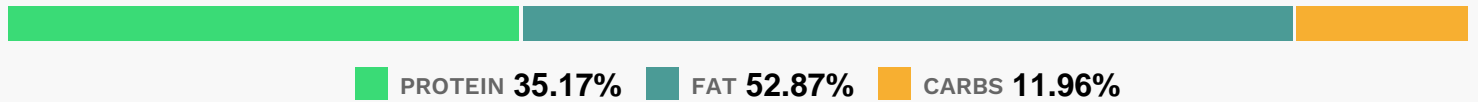
- bowl

- sauce pan
- grill
- kitchen thermometer

Directions

- Mix together the Italian dressing, Worcestershire sauce, applesauce, hot pepper sauce, and lime juice in a bowl.
- Pour the marinade over the pork chops, and refrigerate in marinade for 6 hours or overnight.
- Preheat an outdoor grill for medium heat, and lightly oil the grate.
- Remove the chops from the marinade, and pour marinade into a saucepan. Bring the marinade to a boil over medium heat, and allow to boil for about 1 minute.
- Place the pork chops onto the preheated grill, and grill until well browned and no longer pink in the middle, about 6 minutes per side, basting the chops occasionally with the marinade. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C). Allow the marinade baste to cook completely onto the chops.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:21.106956466385%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 410.69kcal (20.53%), Fat: 23.63g (36.36%), Saturated Fat: 6.24g (38.97%), Carbohydrates: 12.03g (4.01%), Net Carbohydrates: 11.76g (4.28%), Sugar: 8.64g (9.6%), Cholesterol: 116.96mg (38.98%), Sodium: 1044.87mg (45.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.37g (70.74%), Selenium: 58.25µg (83.22%), Vitamin B6: 1.23mg (61.48%), Vitamin B3: 11.48mg (57.4%), Vitamin B1: 0.86mg (57.07%), Phosphorus: 376.7mg (37.67%), Potassium: 832.91mg (23.8%), Vitamin B2: 0.37mg (21.48%), Vitamin K: 22.53µg (21.46%), Zinc: 3.09mg

(20.61%), Vitamin B12: 0.9µg (14.97%), Vitamin C: 12.32mg (14.93%), Iron: 2.48mg (13.8%), Magnesium: 48.82mg (12.21%), Vitamin B5: 1.22mg (12.19%), Copper: 0.17mg (8.48%), Vitamin E: 1.13mg (7.57%), Calcium: 64.13mg (6.41%), Vitamin D: 0.85µg (5.65%), Manganese: 0.03mg (1.74%), Vitamin A: 66.97IU (1.34%), Fiber: 0.27g (1.09%)