



Basil-Lemon Pork Chops with Melon



Gluten Free



Dairy Free



Low Fod Map

READY IN



100 min.

SERVINGS



4

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz lemonade concentrate frozen thawed canned
- ☐ 0.3 cup vegetable oil
- ☐ 2 lb pork loin
- ☐ 0.3 wedges honeydew melon peeled cut into 4 wedges
- ☐ 0.3 cantaloupe peeled cut into 4 wedges
- ☐ 1 serving salt and pepper to taste

Equipment

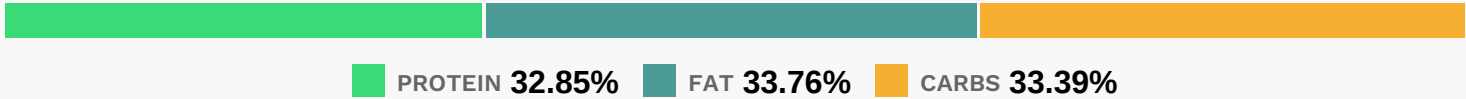
- ☐ bowl

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ In small bowl, mix lemonade concentrate, basil and oil until well blended; reserve 3/4 cup for brushing on pork and melon during grilling. In shallow nonmetal dish or resealable food-storage plastic bag, pour remaining mixture over pork; turn to coat with marinade. Cover dish or seal bag and refrigerate, turning once, at least 1 hour but no longer than 2 hours.
- ☐ Brush grill rack with vegetable oil.
- ☐ Heat coals or gas grill for direct heat.
- ☐ Drain pork; discard marinade.
- ☐ Place pork on grill rack. Cover and grill pork over medium heat 12 to 16 minutes, turning once and brushing with reserved marinade, until pork is no longer pink in center.
- ☐ Add melon and cantaloupe wedges for last 3 to 4 minutes of grilling, turning and brushing 2 to 3 times with reserved marinade, until hot.
- ☐ Sprinkle pork with salt and pepper.
- ☐ Serve pork with melon.

Nutrition Facts



Properties

Glycemic Index:16.88, Glycemic Load:1.71, Inflammation Score:-8, Nutrition Score:28.666522015696%

Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.22mg, Luteolin:
0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg,
Kaempferol: 0.02mg

Nutrients (% of daily need)

Calories: 627.04kcal (31.35%), Fat: 23.6g (36.31%), Saturated Fat: 4.98g (31.11%), Carbohydrates: 52.53g (17.51%),
Net Carbohydrates: 51.36g (18.67%), Sugar: 47.06g (52.29%), Cholesterol: 142.88mg (47.63%), Sodium: 190.28mg
(8.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.68g (103.36%), Selenium: 64.31µg (91.87%), Vitamin

B6: 1.81mg (90.68%), Vitamin B1: 1.07mg (71.27%), Vitamin B3: 13.7mg (68.48%), Phosphorus: 530.91mg (53.09%), Vitamin C: 29.3mg (35.52%), Potassium: 1146.03mg (32.74%), Zinc: 4.34mg (28.94%), Vitamin K: 28.48µg (27.12%), Vitamin B2: 0.44mg (26.06%), Vitamin A: 1206.79IU (24.14%), Vitamin B5: 1.95mg (19.48%), Magnesium: 77.41mg (19.35%), Vitamin B12: 1.16µg (19.28%), Vitamin E: 1.52mg (10.13%), Copper: 0.19mg (9.56%), Iron: 1.57mg (8.73%), Folate: 25.98µg (6.5%), Vitamin D: 0.91µg (6.05%), Fiber: 1.17g (4.68%), Manganese: 0.06mg (3.14%), Calcium: 25.23mg (2.52%)