



## Butterfly Honey Pork Fillets

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings pepper black to taste
- 4 teaspoons honey
- 4 pork chops
- 0.5 cup worcestershire sauce

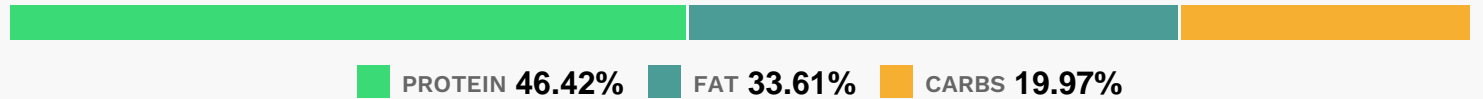
### Equipment

- bowl
- grill

## Directions

- In a shallow glass dish or bowl, mix together honey and Worcestershire sauce.
- Add pork chops and toss to coat. Cover and refrigerate for no more than 4 hours to marinate.
- Lightly oil grill and preheat to medium low.
- Remove pork chops from marinade. Season with pepper to taste and grill for 35 to 40 minutes, turning often.

## Nutrition Facts



## Properties

Glycemic Index:21.07, Glycemic Load:3.02, Inflammation Score:-2, Nutrition Score:16.796956676504%

## Nutrients (% of daily need)

Calories: 255.7kcal (12.78%), Fat: 9.3g (14.31%), Saturated Fat: 3.28g (20.53%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 12.39g (4.51%), Sugar: 9.19g (10.21%), Cholesterol: 89.78mg (29.93%), Sodium: 511.49mg (22.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.91g (57.82%), Selenium: 44.59µg (63.7%), Vitamin B1: 0.92mg (61.2%), Vitamin B3: 10.95mg (54.77%), Vitamin B6: 0.97mg (48.74%), Phosphorus: 323.9mg (32.39%), Potassium: 779.79mg (22.28%), Vitamin B2: 0.3mg (17.38%), Zinc: 2.16mg (14.39%), Iron: 2.53mg (14.06%), Vitamin B12: 0.71µg (11.84%), Magnesium: 39.62mg (9.9%), Vitamin B5: 0.98mg (9.8%), Copper: 0.15mg (7.38%), Vitamin C: 4.5mg (5.46%), Calcium: 47.02mg (4.7%), Vitamin D: 0.54µg (3.57%), Manganese: 0.03mg (1.39%), Vitamin E: 0.2mg (1.35%)