



Chili-Lime Grilled Pork Chops



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



162 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 1 tablespoon juice of lime
- ☐ 1 teaspoon vegetable oil
- ☐ 1 lb pork loin boneless

Equipment

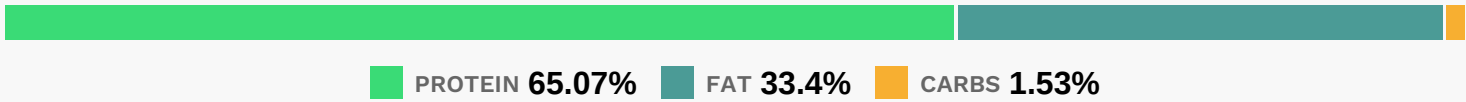
- ☐ bowl

☐ grill

Directions

- ☐ Heat closed contact grill for 5 minutes.
- ☐ Meanwhile, in small bowl, mix all seasoning ingredients.
- ☐ Brush mixture evenly on both sides of each pork chop.
- ☐ When grill is heated, place pork chops on bottom grill surface. Close grill; cook 5 to 7 minutes or until pork is no longer pink in center. If desired, sprinkle pork with chopped fresh cilantro and serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:11.725217294434%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 162.18kcal (8.11%), Fat: 5.81g (8.94%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 0.6g (0.2%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.11g (0.12%), Cholesterol: 71.44mg (23.81%), Sodium: 354.54mg (15.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.48g (50.96%), Selenium: 31.52µg (45.03%), Vitamin B6: 0.87mg (43.48%), Vitamin B1: 0.5mg (33.65%), Vitamin B3: 6.58mg (32.92%), Phosphorus: 257.35mg (25.74%), Zinc: 2.07mg (13.79%), Vitamin B2: 0.22mg (12.82%), Potassium: 439.57mg (12.56%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.85mg (8.54%), Magnesium: 30.63mg (7.66%), Iron: 0.71mg (3.94%), Copper: 0.07mg (3.61%), Vitamin A: 176.13IU (3.52%), Vitamin E: 0.46mg (3.05%), Vitamin D: 0.45µg (3.02%), Vitamin K: 2.67µg (2.54%), Vitamin C: 1.18mg (1.43%)