



Chili Ranch Grilled Pork (Cooking for 2)

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



2

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon chili powder
- 0.1 teaspoon garlic powder
- 8 oz pork loin boneless
- 2 tablespoons ranch dressing reduced-fat
- 0.3 teaspoon salt
- 0.1 teaspoon thyme leaves dried

Equipment

- bowl

- grill
- kitchen thermometer

Directions

- Heat gas or charcoal grill.
- Place pork chops in shallow bowl.
- Pour dressing over both sides of pork chops. Cover and refrigerate 15 minutes.
- Meanwhile, in small bowl, mix remaining ingredients.
- Remove pork from marinade; discard marinade.
- Sprinkle half of seasoning mixture over one side of pork chops.
- Place pork on grill, seasoned side down.
- Sprinkle remaining seasoning mixture over pork. Cover and grill over medium heat 8 to 10 minutes, turning once, until pork is no longer pink and meat thermometer inserted in center reads 160F.

Nutrition Facts

PROTEIN 49.06% **FAT 48.69%** **CARBS 2.25%**

Properties

Glycemic Index:25, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:12.641304294052%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 215.64kcal (10.78%), Fat: 11.32g (17.41%), Saturated Fat: 2.47g (15.42%), Carbohydrates: 1.18g (0.39%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.73g (0.81%), Cholesterol: 75.34mg (25.11%), Sodium: 485.62mg (21.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.66g (51.32%), Selenium: 32.03µg (45.76%), Vitamin B6: 0.87mg (43.47%), Vitamin B1: 0.51mg (33.74%), Vitamin B3: 6.56mg (32.78%), Phosphorus: 284.7mg (28.47%), Vitamin K: 20.36µg (19.4%), Zinc: 2.09mg (13.91%), Vitamin B2: 0.23mg (13.43%), Potassium: 441.64mg (12.62%), Vitamin B12: 0.6µg (10.06%), Vitamin B5: 0.97mg (9.69%), Magnesium: 30.96mg (7.74%), Iron: 0.74mg (4.09%), Vitamin E: 0.58mg (3.85%), Copper: 0.07mg (3.65%), Vitamin D: 0.47µg (3.12%), Vitamin A: 85.76IU (1.72%), Manganese: 0.02mg (1.16%), Calcium: 11.53mg (1.15%)