



Chinese Pork Chops

 Gluten Free  Dairy Free

READY IN



510 min.

SERVINGS



6

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar
- 2 cups celery sliced
- 2 teaspoons cornstarch
- 0.1 teaspoon garlic powder
- 0.5 teaspoon ground ginger
- 2 tablespoons juice of lemon
- 0.3 cup soya sauce reduced-sodium
- 2 tablespoons reduced fat stick margarine

- 1 large onion halved sliced
- 0.3 teaspoon pepper
- 6 pork chops boneless
- 24 ounce pork loin chops boneless
- 0.5 teaspoon seasoning blend salt-free
- 0.5 cup soya sauce
- 2 cups freshly tea brewed
- 1 tablespoon vegetable oil
- 1 tablespoon water

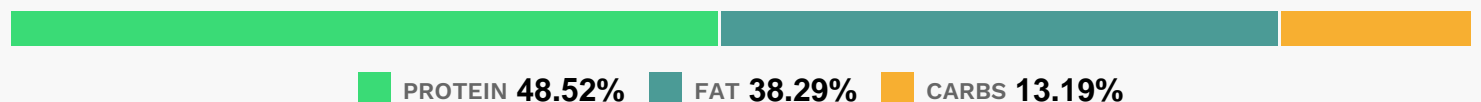
Equipment

- bowl
- grill
- ziploc bags

Directions

- In a bowl, mix the soy sauce, brown sugar, lemon juice, vegetable oil, ginger, and garlic powder. Set aside some of the mixture in a separate bowl for marinating during cooking. Pierce the pork chops on both sides with a fork, place in a large resealable plastic bag, and cover with the remaining marinade mixture. Refrigerate 6 to 8 hours.
- Preheat the grill for high heat.
- Lightly oil the grill grate. Discard marinade, and grill pork chops 6 to 8 minutes per side, or to desired doneness, marinating often with the reserved portion of the marinade.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:0.82, Inflammation Score:-7, Nutrition Score:31.139565260514%

Flavonoids

Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 6.33mg, Epigallocatechin: 6.33mg, Epigallocatechin: 6.33mg, Epigallocatechin: 6.33mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epicatechin 3-gallate: 4.61mg, Epicatechin 3-gallate: 4.61mg, Epicatechin 3-gallate: 4.61mg, Epicatechin 3-gallate: 4.61mg Epigallocatechin 3-gallate: 7.36mg, Epigallocatechin 3-gallate: 7.36mg, Epigallocatechin 3-gallate: 7.36mg, Epigallocatechin 3-gallate: 7.36mg Theaflavin: 1.24mg, Theaflavin: 1.24mg, Theaflavin: 1.24mg, Theaflavin: 1.24mg Thearubigins: 63.96mg, Thearubigins: 63.96mg, Thearubigins: 63.96mg, Thearubigins: 63.96mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg Theaflavin-3,3'-digallate: 1.38mg, Theaflavin-3,3'-digallate: 1.38mg, Theaflavin-3,3'-digallate: 1.38mg, Theaflavin-3,3'-digallate: 1.38mg Theaflavin-3'-gallate: 1.19mg, Theaflavin-3'-gallate: 1.19mg, Theaflavin-3'-gallate: 1.19mg, Theaflavin-3'-gallate: 1.19mg Gallocatechin: 0.98mg, Gallocatechin: 0.98mg, Gallocatechin: 0.98mg, Gallocatechin: 0.98mg

Nutrients (% of daily need)

Calories: 486.55kcal (24.33%), Fat: 20.31g (31.25%), Saturated Fat: 5.91g (36.96%), Carbohydrates: 15.73g (5.24%), Net Carbohydrates: 14.29g (5.2%), Sugar: 10.94g (12.15%), Cholesterol: 161.22mg (53.74%), Sodium: 1662.12mg (72.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.73mg (5.24%), Protein: 57.91g (115.83%), Selenium: 76.5µg (109.28%), Vitamin B6: 1.95mg (97.63%), Vitamin B1: 1.43mg (95.55%), Vitamin B3: 18.29mg (91.46%), Phosphorus: 620.14mg (62.01%), Potassium: 1184.12mg (33.83%), Vitamin B2: 0.56mg (32.77%), Zinc: 4.41mg (29.42%), Manganese: 0.49mg (24.61%), Magnesium: 90.93mg (22.73%), Vitamin B12: 1.29µg (21.56%), Vitamin B5: 2.08mg (20.77%), Vitamin K: 16.82µg (16.02%), Iron: 2.29mg (12.72%), Copper: 0.21mg (10.61%), Folate: 31.14µg (7.78%), Vitamin A: 341.12IU (6.82%), Vitamin D: 0.99µg (6.6%), Vitamin E: 0.88mg (5.89%), Vitamin C: 4.85mg (5.88%), Calcium: 57.96mg (5.8%), Fiber: 1.44g (5.75%)