



Chinese Pork Chops



Gluten Free



Dairy Free

READY IN



510 min.

SERVINGS



6

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 tablespoons juice of lemon
- ☐ 6 pork chops boneless
- ☐ 0.5 cup soya sauce
- ☐ 1 tablespoon vegetable oil

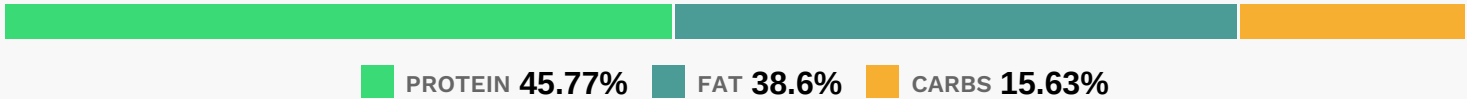
Equipment

- ☐ 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:3.33, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:16.66956535824%

Flavonoids

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 Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 276.04kcal (13.8%), Fat: 11.61g (17.85%), Saturated Fat: 3.64g (22.73%), Carbohydrates: 10.58g (3.53%), Net Carbohydrates: 10.38g (3.77%), Sugar: 9.35g (10.39%), Cholesterol: 89.78mg (29.93%), Sodium: 1146.98mg (49.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.96g (61.93%), Selenium: 44.73µg (63.9%), Vitamin B1: 0.91mg (60.45%), Vitamin B3: 11.5mg (57.49%), Vitamin B6: 1.02mg (50.98%), Phosphorus: 329.28mg (32.93%), Vitamin B2: 0.28mg (16.38%), Potassium: 561.09mg (16.03%), Zinc: 2.17mg (14.49%), Vitamin B12: 0.71µg (11.84%), Magnesium: 44.1mg (11.03%), Vitamin B5: 1.07mg (10.67%), Manganese: 0.17mg (8.42%), Iron: 1.24mg (6.87%), Copper: 0.11mg (5.37%), Vitamin K: 4.17µg (3.97%), Vitamin D: 0.54µg (3.57%), Vitamin E: 0.37mg (2.45%), Vitamin C: 1.94mg (2.35%), Calcium: 21.39mg (2.14%), Folate: 4.62µg (1.16%)