



 **55%**  
HEALTH SCORE

## Chipotle-Marinated Pork Chops with Chimichurri Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.5 cup carrots shredded
- 1 chipotle chile in adobo sauce canned drained
- 0.3 cup chicken broth fat-free low-sodium
- 0.8 cup chicken broth fat-free low-sodium
- 1 cup flat-leaf parsley leaves fresh
- 2 garlic cloves

- 2 tablespoons olive oil extra-virgin
- 0.5 cup onion fresh minced
- 0.5 teaspoon oregano dried
- 0.3 teaspoon salt
- 2 tablespoons citrus champagne vinegar

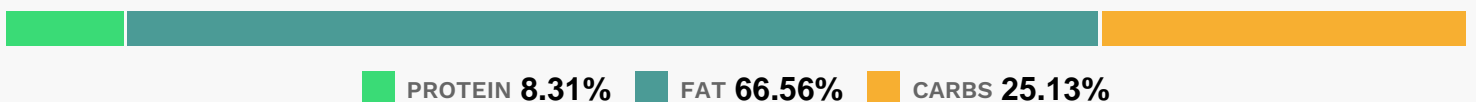
## Equipment

- bowl
- blender
- grill
- ziploc bags

## Directions

- To prepare pork chops, combine 3/4 cup chicken broth and chipotle chile in a blender; process until smooth.
- Combine chile mixture and pork chops in a large zip-top plastic bag. Seal and marinate in refrigerator 2 hours.
- Remove chops from bag; discard marinade.
- To prepare Chimichurri Sauce, combine parsley and next 7 ingredients (parsley through garlic) in a blender; process until smooth.
- Pour into a bowl; stir in carrot and onion. Set aside.
- Prepare grill.
- Place the chops on grill rack coated with cooking spray; cook 5 minutes on each side or until done.
- Serve with Chimichurri Sauce.

## Nutrition Facts



## Properties

Glycemic Index:43.21, Glycemic Load:1.22, Inflammation Score:-10, Nutrition Score:12.457391153211%

## Flavonoids

Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

## Nutrients (% of daily need)

Calories: 98.26kcal (4.91%), Fat: 7.55g (11.62%), Saturated Fat: 1.11g (6.94%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 4.6g (1.67%), Sugar: 2.09g (2.32%), Cholesterol: 0mg (0%), Sodium: 184.39mg (8.02%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Vitamin K: 254.09µg (241.99%), Vitamin A: 3941.88IU (78.84%), Vitamin C: 22.89mg (27.74%), Vitamin E: 1.28mg (8.52%), Iron: 1.43mg (7.95%), Folate: 30.29µg (7.57%), Fiber: 1.81g (7.25%), Potassium: 227.26mg (6.49%), Manganese: 0.12mg (6.1%), Vitamin B3: 1.21mg (6.04%), Vitamin B6: 0.09mg (4.34%), Phosphorus: 41.16mg (4.12%), Calcium: 40.53mg (4.05%), Copper: 0.08mg (3.76%), Magnesium: 13.47mg (3.37%), Vitamin B2: 0.05mg (2.95%), Vitamin B1: 0.04mg (2.41%), Zinc: 0.32mg (2.13%), Vitamin B5: 0.14mg (1.4%)