



Cilantro-BBQ Grilled Pork Chops

 Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



25

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 lb pork chops bone-in
- 0.5 cup cilantro leaves fresh chopped
- 0.5 tsp orange zest
- 1 jalapeño pepper seeded finely chopped
- 0.5 cup honey spiced pork chop barbecue sauce kraft

Equipment

- grill

Directions

- Heat grill to medium-high heat.
- Mix all ingredients except chops. Reserve half for serving with the cooked chops.
- Grill chops 5 to 7 min. on each side or until done (145F), brushing occasionally with remaining sauce.
- Remove from grill; cover.
- Let stand 3 min.
- Serve with reserved sauce.

Nutrition Facts

 **PROTEIN 51.56%**  **FAT 47.98%**  **CARBS 0.46%**

Properties

Glycemic Index:2.56, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.7452174076891%

Flavonoids

Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 42.25kcal (2.11%), Fat: 2.17g (3.35%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 0.05g (0.02%), Net Carbohydrates: 0.02g (0.01%), Sugar: 0g (0%), Cholesterol: 17.25mg (5.75%), Sodium: 13.65mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.52%), Selenium: 8.47µg (12.1%), Vitamin B6: 0.18mg (8.86%), Vitamin B1: 0.13mg (8.72%), Vitamin B3: 1.73mg (8.67%), Phosphorus: 53.58mg (5.36%), Zinc: 0.44mg (2.91%), Vitamin B2: 0.05mg (2.82%), Potassium: 89.95mg (2.57%), Vitamin B12: 0.13µg (2.22%), Vitamin B5: 0.18mg (1.81%), Magnesium: 6.49mg (1.62%), Vitamin K: 1.06µg (1.01%)