



Citrus Barbecued Pork Chops

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup original barbecue sauce kraft
- 0.5 tsp rosemary leaves dried crushed
- 0.3 cup orange juice
- 1 tsp orange zest grated
- 1.5 lb pork loin chops
- 0.5 tsp thyme leaves dried crushed

Equipment

- sauce pan

grill

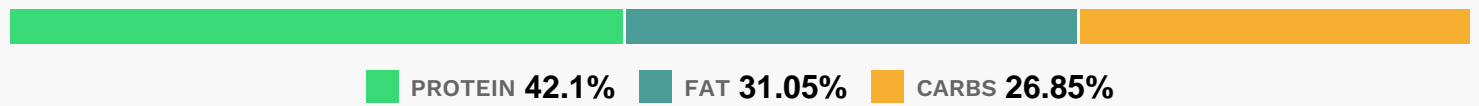
Directions

Preheat greased grill to medium heat.

Place all ingredients except chops in saucepan. Bring to boil on medium-high heat. Reduce heat to low; simmer 10 minutes, stirring occasionally.

Place chops on grate of grill; cover grill with lid. Grill 25 to 30 minutes or until chops are cooked through, turning over after 15 minutes and brushing occasionally with the barbecue sauce mixture.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:0.85, Inflammation Score:-4, Nutrition Score:21.16739162414%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 363.94kcal (18.2%), Fat: 12.2g (18.77%), Saturated Fat: 4.21g (26.29%), Carbohydrates: 23.74g (7.91%), Net Carbohydrates: 23.09g (8.4%), Sugar: 19.11g (21.23%), Cholesterol: 113.97mg (37.99%), Sodium: 634.24mg (27.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.22g (74.45%), Selenium: 57.03µg (81.47%), Vitamin B1: 1.16mg (77.48%), Vitamin B3: 13.98mg (69.89%), Vitamin B6: 1.29mg (64.26%), Phosphorus: 398.1mg (39.81%), Potassium: 792.97mg (22.66%), Vitamin B2: 0.35mg (20.64%), Zinc: 2.74mg (18.29%), Vitamin B12: 0.9µg (15.03%), Vitamin B5: 1.36mg (13.57%), Magnesium: 53.5mg (13.38%), Vitamin C: 9mg (10.91%), Iron: 1.29mg (7.17%), Copper: 0.14mg (7.13%), Vitamin D: 0.68µg (4.54%), Vitamin E: 0.66mg (4.38%), Manganese: 0.09mg (4.31%), Calcium: 34.44mg (3.44%), Vitamin A: 169.47IU (3.39%), Fiber: 0.64g (2.58%), Folate: 6.38µg (1.59%)