



# Delicious Tangy Pork Chops

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN

ready

260 min.

SERVINGS

servings

4

CALORIES

calories

289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup juice of lemon
- ☐ 4 pork chops boneless
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 cup worcestershire sauce

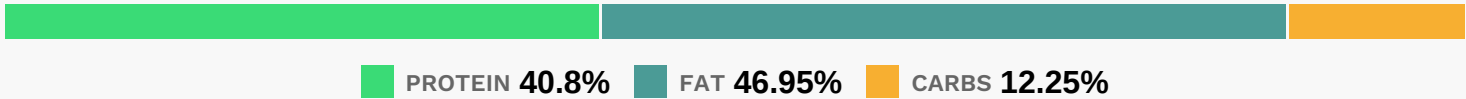
## Equipment

- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

# Directions

- ☐ Combine the pork chops, lemon juice, Worcestershire sauce, vegetable oil, and garlic in a large resealable plastic bag. Squeeze as much excess air from bag as possible. Marinate in refrigerator 4 to 24 hours.
- ☐ Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- ☐ Remove the pork chops from the marinade directly to the grill. Discard the marinade.
- ☐ Cook until the pork is no longer pink in the center, about 5 minutes per side. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:18.139130537925%

## Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 289.06kcal (14.45%), Fat: 14.82g (22.8%), Saturated Fat: 4.13g (25.79%), Carbohydrates: 8.7g (2.9%), Net Carbohydrates: 8.61g (3.13%), Sugar: 4.21g (4.67%), Cholesterol: 89.78mg (29.93%), Sodium: 511.5mg (22.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.98g (57.97%), Selenium: 44.56µg (63.65%), Vitamin B1: 0.93mg (61.68%), Vitamin B3: 10.97mg (54.86%), Vitamin B6: 0.99mg (49.34%), Phosphorus: 325.9mg (32.59%), Potassium: 806.23mg (23.04%), Vitamin C: 16.27mg (19.72%), Vitamin B2: 0.3mg (17.48%), Zinc: 2.16mg (14.38%), Iron: 2.52mg (13.99%), Vitamin B12: 0.71µg (11.84%), Magnesium: 41.14mg (10.28%), Vitamin B5: 1.01mg (10.14%), Vitamin K: 10.37µg (9.87%), Copper: 0.15mg (7.43%), Calcium: 47.99mg (4.8%), Vitamin E: 0.69mg (4.62%), Vitamin D: 0.54µg (3.57%), Folate: 8.85µg (2.21%)