



Easy-Prep Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pinch cayenne pepper
- 1 ounce ginger fresh grated
- 1 garlic clove grated
- 0.3 cup soya sauce reduced-sodium
- 3 tablespoons maple syrup
- 4 pork chops boneless 1-inch-thick ()
- 1 scallion minced

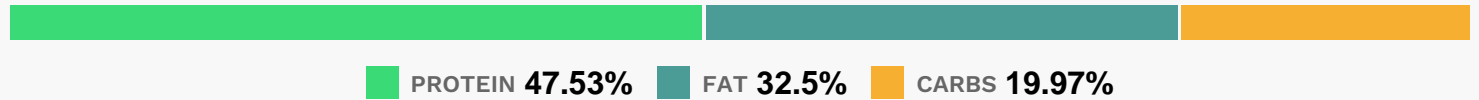
Equipment

- bowl
- grill
- ziploc bags

Directions

- Stir soy sauce, maple syrup, garlic, ginger, scallion and cayenne together in a small bowl until blended thoroughly.
- Put pork chops in a resealable plastic bag and then pour marinade into bag, over chops. Seal bag while carefully squeezing out any air, and then shake to coat meat evenly. Marinate in refrigerator for at least 30 minutes or as long as overnight. (These pork chops will not take long to cook, so start to prepare side dishes– like herbed rice and steamed beans–at this point.)
- Prepare grill and cook pork chops over medium heat until golden and cooked through, about 6 minutes per side.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:3.97, Inflammation Score:-3, Nutrition Score:18.412608698658%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 268.14kcal (13.41%), Fat: 9.43g (14.51%), Saturated Fat: 3.31g (20.67%), Carbohydrates: 13.04g (4.35%), Net Carbohydrates: 12.65g (4.6%), Sugar: 9.29g (10.33%), Cholesterol: 89.78mg (29.93%), Sodium: 832.21mg (36.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.03g (62.07%), Selenium: 44.64µg (63.77%), Vitamin B1: 0.92mg (61.15%), Vitamin B3: 11.03mg (55.17%), Vitamin B6: 1.03mg (51.5%), Phosphorus: 342.86mg (34.29%), Vitamin B2: 0.5mg (29.13%), Manganese: 0.48mg (23.93%), Potassium: 649.57mg (18.56%), Zinc: 2.39mg (15.97%), Magnesium: 56.53mg (14.13%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.06mg (10.63%), Iron: 1.08mg (5.97%), Vitamin K: 6.25µg (5.95%), Copper: 0.11mg (5.31%), Calcium: 36.79mg (3.68%), Vitamin D: 0.54µg (3.57%), Folate: 12.1µg (3.02%), Vitamin E: 0.3mg (2.03%), Fiber: 0.39g (1.56%), Vitamin C: 1.17mg (1.42%)