



Five-Spice Pork Chops with Grilled Plums



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon five spice powder
- ☐ 4 pork chops bone-in
- ☐ 2 tablespoons honey
- ☐ 4 servings salt and pepper black
- ☐ 0.3 cup soy sauce low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 2 plums pitted quartered
- ☐ 12 spring onion ends trimmed

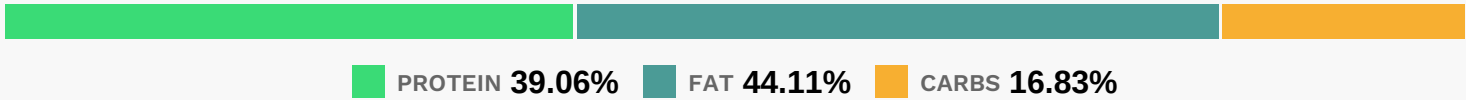
Equipment

- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat a grill or grill pan to medium-high. In a small bowl, combine the soy sauce, honey, five-spice powder, and 1/4 teaspoon pepper for the sauce. Season the pork chops with 1 teaspoon salt and 1/4 teaspoon pepper. Grill for 10 minutes, turning once. Using a brush, baste the chops with the sauce and grill until cooked through, about 2 minutes more. Meanwhile, toss the plums and scallions in the oil. Grill the plums for 5 minutes, turning occasionally. Grill the scallions for 2 minutes. Divide the pork chops among individual plates and serve with the plums and scallions.
- ☐ Drizzle with the extra sauce. Shortcut: Use boneless pork chops to halve the cooking time.

Nutrition Facts



Properties

Glycemic Index:31.98, Glycemic Load:6.34, Inflammation Score:-6, Nutrition Score:25.176956612131%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 390.67kcal (19.53%), Fat: 19.07g (29.34%), Saturated Fat: 5.58g (34.89%), Carbohydrates: 16.37g (5.46%), Net Carbohydrates: 14.77g (5.37%), Sugar: 12.84g (14.27%), Cholesterol: 116.96mg (38.99%), Sodium: 1058.3mg (46.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.99g (75.98%), Selenium: 57.71µg (82.44%), Vitamin K: 78.74µg (74.99%), Vitamin B6: 1.25mg (62.55%), Vitamin B3: 11.81mg (59.04%), Vitamin B1: 0.86mg (57.36%), Phosphorus: 409.65mg (40.97%), Vitamin B2: 0.41mg (24.32%), Potassium: 816.49mg (23.33%), Zinc: 3.38mg (22.52%), Magnesium: 67.19mg (16.8%), Vitamin B12: 0.9µg (14.97%), Vitamin B5: 1.34mg (13.42%), Vitamin C: 10.01mg (12.13%), Iron: 2.1mg (11.67%), Vitamin A: 483.72IU (9.67%), Manganese: 0.19mg (9.57%), Copper: 0.17mg (8.6%), Folate: 34.28µg (8.57%), Vitamin E: 1.08mg (7.19%), Calcium: 68.88mg (6.89%), Fiber: 1.6g (6.42%), Vitamin D: 0.85µg (5.65%)