



Gingered Pork Chops

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 1 tablespoon cooking sherry dry
- 1 tablespoon garlic minced
- 0.3 cup gingerroot minced peeled
- 2 tablespoons blackstrap molasses
- 24 ounce center-cut loin pork chops lean (1/)

Equipment

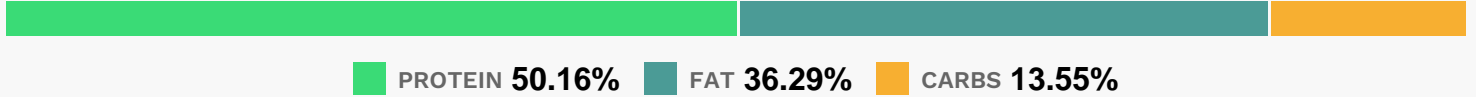
- food processor

- bowl
- knife
- grill
- ziploc bags

Directions

- Trim fat from chops; set aside.
- Position knife blade in mini-food processor bowl; add gingerroot and next 4 ingredients. Process 10 seconds or until smooth, scraping sides of processor bowl once.
- Pour into a heavy-duty, zip-top plastic bag.
- Add chops; seal bag, and shake until chops are well coated. Marinate in refrigerator at least 4 hours, turning bag occasionally.
- Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place chops on rack; grill, covered, 5 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:3.97, Inflammation Score:-3, Nutrition Score:20.916087067807%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 307.03kcal (15.35%), Fat: 11.87g (18.26%), Saturated Fat: 4.18g (26.14%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 9.81g (3.57%), Sugar: 8.23g (9.14%), Cholesterol: 113.97mg (37.99%), Sodium: 87.57mg (3.81%), Alcohol: 0.39g (100%), Alcohol %: 0.25% (100%), Protein: 36.91g (73.83%), Selenium: 58.41µg (83.45%), Vitamin B1: 1.14mg (76.29%), Vitamin B3: 13.74mg (68.72%), Vitamin B6: 1.34mg (66.91%), Phosphorus: 394.05mg (39.41%),

Potassium: 820.52mg (23.44%), Vitamin B2: 0.32mg (18.8%), Zinc: 2.72mg (18.11%), Magnesium: 72.36mg (18.09%),
Vitamin B12: 0.9µg (15.03%), Vitamin B5: 1.34mg (13.43%), Manganese: 0.22mg (11.09%), Copper: 0.16mg (8.23%),
Iron: 1.43mg (7.95%), Vitamin D: 0.68µg (4.54%), Calcium: 38.4mg (3.84%), Vitamin E: 0.24mg (1.59%), Vitamin C:
0.92mg (1.12%)