



Greek-Style Pork Chops

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cucumber diced seeded
- ☐ 0.8 cup yogurt plain fat-free greek-style
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons olive oil divided
- ☐ 1 teaspoon oregano dried
- ☐ 1.5 cups plum tomatoes diced (2 medium)
- ☐ 16 ounce center-cut loin pork chops boneless

- ☐ 0.5 cup onion diced red
- ☐ 2 tablespoons red wine vinegar divided
- ☐ 0.5 teaspoon salt divided

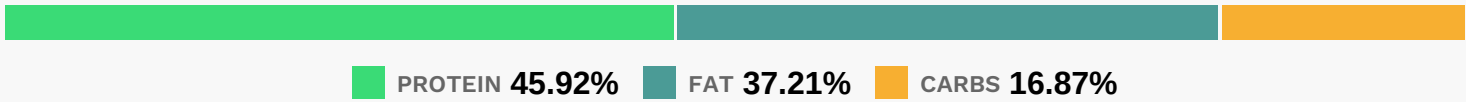
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Combine 1 tablespoon red wine vinegar, oregano, 1 teaspoon olive oil, and garlic in a zip-top plastic bag.
- ☐ Add pork to bag, and seal. Marinate for 20 minutes at room temperature, turning after 10 minutes.
- ☐ Combine remaining 1 tablespoon vinegar, remaining 1 teaspoon oil, yogurt, 1 tablespoon dill, and 1/8 teaspoon salt, stirring well with a whisk. Cover and chill.
- ☐ Combine tomatoes, cucumber, and onion.
- ☐ Sprinkle tomato mixture with 1/8 teaspoon salt; toss to combine.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Remove pork from bag, and discard marinade.
- ☐ Sprinkle both sides of pork evenly with remaining 1/4 teaspoon salt.
- ☐ Add pork to pan, and cook for 4 minutes on each side or until desired degree of doneness.
- ☐ Remove pork from pan, and let stand for 2 minutes.
- ☐ Place 3/4 cup tomato mixture on each of 4 plates, and top each serving with 1 pork chop and about 3 tablespoons yogurt mixture.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:1.54, Inflammation Score:-8, Nutrition Score:20.040869546973%

Flavonoids

Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 252.16kcal (12.61%), Fat: 10.23g (15.74%), Saturated Fat: 3.15g (19.71%), Carbohydrates: 10.43g (3.48%), Net Carbohydrates: 8.55g (3.11%), Sugar: 7.2g (8%), Cholesterol: 76.9mg (25.63%), Sodium: 387.47mg (16.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.41g (56.83%), Selenium: 39.56µg (56.51%), Vitamin B1: 0.83mg (55.65%), Vitamin B6: 0.98mg (49.18%), Vitamin B3: 9.71mg (48.56%), Phosphorus: 366.18mg (36.62%), Potassium: 840.86mg (24.02%), Vitamin B2: 0.35mg (20.73%), Vitamin C: 15.71mg (19.05%), Zinc: 2.48mg (16.53%), Vitamin A: 787.49IU (15.75%), Vitamin B12: 0.88µg (14.69%), Magnesium: 56.05mg (14.01%), Vitamin K: 13.91µg (13.25%), Vitamin B5: 1.32mg (13.16%), Calcium: 129.04mg (12.9%), Manganese: 0.22mg (10.85%), Copper: 0.16mg (8.15%), Fiber: 1.88g (7.53%), Folate: 28.66µg (7.16%), Vitamin E: 1.02mg (6.81%), Iron: 1.23mg (6.81%), Vitamin D: 0.45µg (3.02%)