



Grilled Asian Ginger Pork Chops



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon garlic chile paste
- ☐ 2 tablespoons ginger root fresh minced
- ☐ 1 teaspoon garlic minced
- ☐ 0.5 cup orange juice
- ☐ 2 tablespoons orange zest grated
- ☐ 6 pork loin chops
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons soya sauce

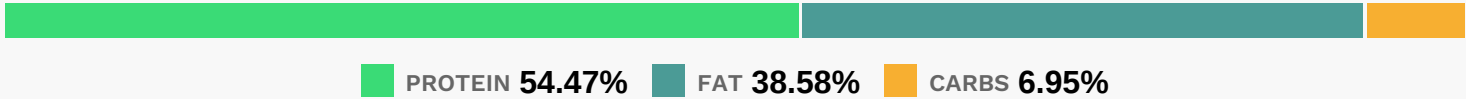
Equipment

☐ grill

Directions

- ☐ In a shallow container, mix together orange juice, soy sauce, ginger, orange zest, garlic, chile paste, and salt.
- ☐ Add pork chops, and turn to coat evenly. Cover, and refrigerate for at least 2 hours, or overnight. Turn the pork chops in the marinade occasionally.
- ☐ Preheat grill for high heat, and lightly oil grate.
- ☐ Grill pork chops for 5 to 6 minutes per side, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:1.24, Inflammation Score:-3, Nutrition Score:16.607826218981%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 226.02kcal (11.3%), Fat: 9.37g (14.42%), Saturated Fat: 3.29g (20.59%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 3.44g (1.25%), Sugar: 1.96g (2.17%), Cholesterol: 89.78mg (29.93%), Sodium: 594.09mg (25.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.78g (59.55%), Selenium: 44.54µg (63.63%), Vitamin B1: 0.92mg (61.38%), Vitamin B3: 11.08mg (55.38%), Vitamin B6: 1.01mg (50.39%), Phosphorus: 316.57mg (31.66%), Potassium: 572.92mg (16.37%), Vitamin C: 13.46mg (16.31%), Vitamin B2: 0.27mg (15.7%), Zinc: 2.13mg (14.22%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.05mg (10.54%), Magnesium: 41.19mg (10.3%), Copper: 0.1mg (5.1%), Iron: 0.9mg (5.01%), Vitamin D: 0.54µg (3.57%), Manganese: 0.06mg (2.82%), Folate: 8.23µg (2.06%), Calcium: 17.64mg (1.76%), Fiber: 0.36g (1.45%), Vitamin E: 0.2mg (1.31%), Vitamin A: 56.8IU (1.14%)