



Grilled Asian Pork Chops and Baby Bok Choy

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 baby bok choy halved lengthwise
- ☐ 0.3 cup black bean garlic sauce
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh peeled finely chopped
- ☐ 3 large garlic cloves minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 4 lime wedges
- ☐ 1.5 tablespoons oriental sesame oil

- ☐ 32 ounces center-cut pork chops boneless
- ☐ 1.5 tablespoons soya sauce

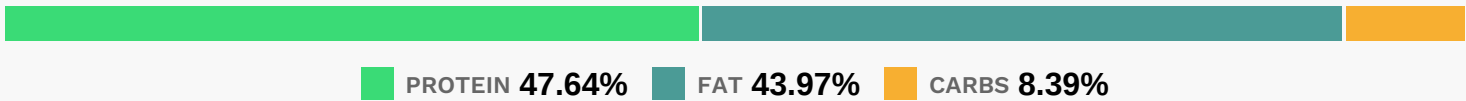
Equipment

- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Prepare barbecue (medium-high heat).
- ☐ Whisk together black bean sauce, garlic, soy sauce, sesame oil, lime juice, and ginger in shallow dish. Set 2 tablespoons marinade aside.
- ☐ Add pork to remaining marinade; let stand 20 minutes.
- ☐ Remove pork from marinade; brush cut side of bok choy with reserved 2 tablespoons marinade. Grill pork until just cooked through and thermometer inserted into thickest part registers 145°F, about 5 minutes per side. Grill bok choy until softened and lightly charred, about 5 minutes total.
- ☐ Divide pork and bok choy among 4 plates.
- ☐ Sprinkle with cilantro, garnish with lime wedges, and serve.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.74, Inflammation Score:-10, Nutrition Score:34.574347941772%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 453.17kcal (22.66%), Fat: 21.62g (33.27%), Saturated Fat: 6.31g (39.45%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 6.37g (2.32%), Sugar: 3.92g (4.36%), Cholesterol: 151.95mg (50.65%), Sodium: 561.1mg (24.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.72g (105.45%), Selenium: 75.53µg (107.9%), Vitamin B1: 1.53mg (101.87%), Vitamin A: 5062.15IU (101.24%), Vitamin B3: 18.46mg (92.28%), Vitamin B6: 1.7mg (85.01%), Vitamin C: 58.06mg (70.37%), Phosphorus: 529.23mg (52.92%), Vitamin B2: 0.44mg (25.73%), Potassium: 900.33mg (25.72%), Zinc: 3.6mg (24%), Vitamin B12: 1.2µg (20.03%), Vitamin B5: 1.74mg (17.36%), Magnesium: 64.41mg (16.1%), Calcium: 152.48mg (15.25%), Iron: 2.68mg (14.88%), Fiber: 2.92g (11.67%), Copper: 0.16mg (8%), Vitamin D: 0.91µg (6.05%), Manganese: 0.09mg (4.71%), Vitamin E: 0.43mg (2.85%), Vitamin K: 1.5µg (1.43%)