



Grilled Bone-In Pork Chops With Hawaiian Marinade

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon coarse salt
- 2 tablespoons sesame oil dark
- 3 tablespoons ginger minced peeled
- 0.8 teaspoon pepper fresh black
- 2 tablespoons brown sugar light
- 12 ounce pineapple juice unsweetened canned ()
- 4 pork loin chops with bone, cut 3/

- 3 tablespoons soy sauce
- 3 spring onion white sliced into thin rounds

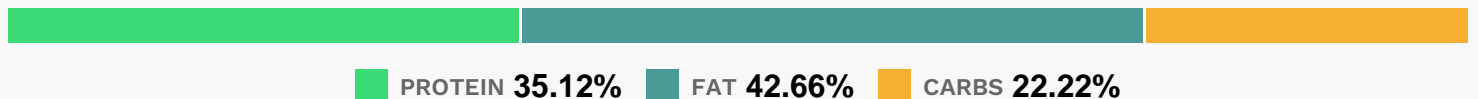
Equipment

- paper towels
- grill
- kitchen thermometer

Directions

- Mix pineapple juice, white parts of scallions, ginger, soy sauce, sesame oil, brown sugar, pepper and salt in large, resealable bag.
- Add chops, seal bag and refrigerate for 2 to 10 hours.
- Remove chops from marinade and pat off excess marinade with paper towels. Discard remaining marinade.2 Prepare a medium-hot fire in grill.
- Brush grill grate clean and lightly oil grate. Grill chops directly over heat, 8 to 10 min., turning once, until internal temperature on a thermometer reads 145 degrees F, followed by a 3-minute rest.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:5.26, Inflammation Score:-4, Nutrition Score:20.017826121786%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 352.32kcal (17.62%), Fat: 16.51g (25.39%), Saturated Fat: 4.31g (26.92%), Carbohydrates: 19.34g (6.45%), Net Carbohydrates: 18.65g (6.78%), Sugar: 14.67g (16.3%), Cholesterol: 89.78mg (29.93%), Sodium: 792.58mg (34.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.58g (61.15%), Selenium: 44.68µg (63.83%), Vitamin B1: 0.95mg (63.64%), Vitamin B3: 11.11mg (55.54%), Vitamin B6: 1.09mg (54.73%), Phosphorus: 335.51mg (33.55%), Manganese: 0.57mg (28.39%), Potassium: 712.27mg (20.35%), Vitamin K: 20.46µg (19.48%), Vitamin B2: 0.3mg

(17.9%), Zinc: 2.33mg (15.5%), Magnesium: 58.57mg (14.64%), Vitamin C: 10.46mg (12.68%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.09mg (10.91%), Copper: 0.17mg (8.35%), Iron: 1.34mg (7.45%), Folate: 27.05µg (6.76%), Calcium: 38.18mg (3.82%), Vitamin D: 0.54µg (3.57%), Fiber: 0.69g (2.75%), Vitamin E: 0.41mg (2.7%), Vitamin A: 101.39IU (2.03%)