



Grilled 'Fusion' Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



205 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon garam masala
- 1 tablespoon ginger/garlic paste
- 1 tablespoon ginger paste
- 0.3 cup juice of lime
- 4 pork chops 1-inch-thick ()
- 0.3 cup soya sauce

Equipment

- bowl

grill

Directions

- In a bowl, stir together soy sauce, lime juice, garlic, and ginger.
- Place pork chops in a glass dish.
- Pour soy sauce mixture over chops. Cover, and refrigerate 2 to 3 hours, turning occasionally.
- Preheat an outdoor grill for direct heat and lightly oil grate.
- Place chops on the grill. As they cook, sprinkle with garam masala. Cook about 10 minutes on each side.

Nutrition Facts

PROTEIN 55.1% **FAT 38.05%** **CARBS 6.85%**

Properties

Glycemic Index:11.25, Glycemic Load:0.45, Inflammation Score:-2, Nutrition Score:16.69739121717%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 233.07kcal (11.65%), Fat: 9.49g (14.61%), Saturated Fat: 3.29g (20.56%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 3.37g (1.22%), Sugar: 0.54g (0.6%), Cholesterol: 89.78mg (29.93%), Sodium: 877.3mg (38.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.93g (61.86%), Selenium: 45.02µg (64.31%), Vitamin B1: 0.91mg (60.91%), Vitamin B3: 11.32mg (56.62%), Vitamin B6: 1.05mg (52.7%), Phosphorus: 329.55mg (32.95%), Vitamin B2: 0.28mg (16.25%), Potassium: 563.29mg (16.09%), Zinc: 2.19mg (14.63%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.07mg (10.7%), Magnesium: 42.79mg (10.7%), Manganese: 0.15mg (7.36%), Vitamin C: 5.71mg (6.92%), Iron: 1.09mg (6.07%), Copper: 0.11mg (5.5%), Vitamin D: 0.54µg (3.57%), Calcium: 21.18mg (2.12%), Fiber: 0.48g (1.92%), Vitamin E: 0.21mg (1.4%), Folate: 4.24µg (1.06%)