



Grilled Honey-Mustard Pork Chops

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

READY IN



22 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup honey
- 2 tablespoons dijon mustard
- 1 tablespoon orange juice
- 1 teaspoon tarragon dried fresh chopped
- 1 teaspoon apple cider vinegar
- 0.5 teaspoon citrus champagne vinegar
- 1 dash onion powder
- 1 pound pork loin chops

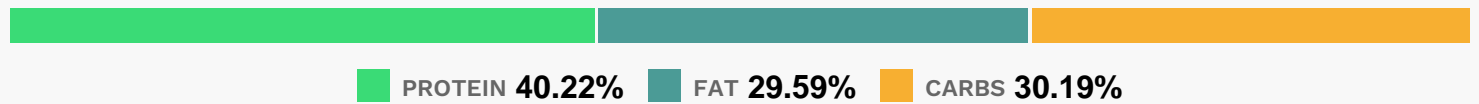
Equipment

- bowl
- grill

Directions

- Heat coals or gas grill for direct heat.
- Mix all ingredients except pork in small bowl.
- Cover and grill pork 4 to 5 inches from medium heat 10 to 12 minutes, brushing occasionally with honey mixture and turning once, until pork is slightly pink in center. Discard any remaining honey mixture.

Nutrition Facts



Properties

Glycemic Index:61.57, Glycemic Load:9.51, Inflammation Score:-2, Nutrition Score:13.902608601619%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 249.37kcal (12.47%), Fat: 8.17g (12.57%), Saturated Fat: 2.81g (17.55%), Carbohydrates: 18.76g (6.25%), Net Carbohydrates: 18.31g (6.66%), Sugar: 17.88g (19.87%), Cholesterol: 75.98mg (25.33%), Sodium: 138.43mg (6.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.99g (49.98%), Selenium: 40.32µg (57.6%), Vitamin B1: 0.78mg (51.78%), Vitamin B3: 9.19mg (45.94%), Vitamin B6: 0.85mg (42.45%), Phosphorus: 268.47mg (26.85%), Vitamin B2: 0.23mg (13.59%), Potassium: 472.46mg (13.5%), Zinc: 1.88mg (12.56%), Vitamin B12: 0.6µg (10.02%), Magnesium: 36.08mg (9.02%), Vitamin B5: 0.87mg (8.71%), Iron: 0.96mg (5.33%), Manganese: 0.1mg (5.16%), Copper: 0.08mg (4.18%), Vitamin C: 2.57mg (3.12%), Vitamin D: 0.45µg (3.02%), Calcium: 21.18mg (2.12%), Fiber: 0.45g (1.79%), Vitamin E: 0.18mg (1.17%)