



# Grilled Lemon Herb Pork Chops

 Gluten Free  Dairy Free

READY IN



145 min.

SERVINGS



6

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 cloves garlic minced
- 0.3 cup juice of lemon
- 0.3 teaspoon oregano dried
- 0.3 teaspoon pepper
- 24 ounce pork loin boneless
- 1 teaspoon salt
- 2 tablespoons vegetable oil

## Equipment

sauce pan

grill

## Directions

In a large resealable bag, combine lemon juice, oil, garlic, salt, oregano, and pepper.

Place chops in bag, seal, and refrigerate 2 hours or overnight. Turn bag frequently to distribute marinade.

Preheat an outdoor grill for high heat.

Remove chops from bag, and transfer remaining marinade to a saucepan. Bring marinade to a boil, remove from heat, and set aside.

Lightly oil the grill grate. Grill pork chops for 5 to 7 minutes per side, basting frequently with boiled marinade, until done.

## Nutrition Facts



**PROTEIN 53.61%** **FAT 43.3%** **CARBS 3.09%**

## Properties

Glycemic Index:11.17, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:12.230434769684%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 195.41kcal (9.77%), Fat: 9.18g (14.12%), Saturated Fat: 2.11g (13.22%), Carbohydrates: 1.47g (0.49%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.28g (0.31%), Cholesterol: 71.44mg (23.81%), Sodium: 443.62mg (19.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.57g (51.14%), Selenium: 31.71µg (45.31%), Vitamin B6: 0.89mg (44.34%), Vitamin B1: 0.51mg (33.94%), Vitamin B3: 6.54mg (32.71%), Phosphorus: 259.27mg (25.93%), Zinc: 2.07mg (13.82%), Vitamin B2: 0.22mg (12.73%), Potassium: 444.84mg (12.71%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.87mg (8.72%), Vitamin K: 9.03µg (8.6%), Magnesium: 30.97mg (7.74%), Vitamin C: 4.56mg (5.53%), Iron: 0.7mg (3.87%), Copper: 0.08mg (3.77%), Vitamin E: 0.55mg (3.67%), Vitamin D: 0.45µg (3.02%), Manganese: 0.06mg (2.92%), Calcium: 11.84mg (1.18%)