



Grilled Orange-Parsley Pork Chops



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



2962 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon marjoram dried
- ☐ 1 tablespoon orange zest grated
- ☐ 4 pork loin boneless
- ☐ 0.5 teaspoon lawry's seasoned salt

☐ 1 teaspoon vegetable oil

Equipment

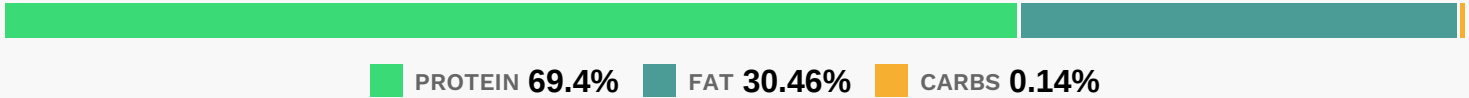
☐ bowl

☐ grill

Directions

- ☐ Heat closed medium-size contact grill for 5 minutes. In small bowl, mix parsley, orange peel, garlic and butter; set aside.
- ☐ Brush oil on pork chops; sprinkle with seasoned salt, marjoram and pepper.
- ☐ Place pork on grill. Close grill. Grill 5 to 7 minutes or until pork is no longer pink in center. To serve, top each pork chop with parsley mixture.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.12, Inflammation Score:-10, Nutrition Score:61.616956389469%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 2961.95kcal (148.1%), Fat: 95.92g (147.57%), Saturated Fat: 28.74g (179.64%), Carbohydrates: 1.01g (0.34%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.04g (0.05%), Cholesterol: 1382.85mg (460.95%), Sodium: 1434.55mg (62.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 491.72g (983.44%), Selenium: 608.15µg (868.78%), Vitamin B6: 16.59mg (829.44%), Vitamin B1: 9.73mg (648.75%), Vitamin B3: 126.17mg (630.87%), Phosphorus: 4944.23mg (494.42%), Zinc: 39.57mg (263.77%), Vitamin B2: 4.11mg (241.96%), Potassium: 8241.11mg (235.46%), Vitamin B12: 11.2µg (186.69%), Vitamin B5: 16.39mg (163.87%), Magnesium: 573.57mg (143.39%), Iron: 12.14mg (67.42%), Copper: 1.28mg (64.22%), Vitamin K: 63.86µg (60.82%), Vitamin D: 8.78µg (58.53%), Vitamin E: 3.2mg (21.31%), Calcium: 121.78mg (12.18%), Vitamin A: 574.35IU (11.49%), Manganese: 0.19mg (9.48%), Vitamin C: 7.28mg (8.83%), Folate: 6.3µg (1.57%), Fiber: 0.34g (1.34%)