



Grilled Peaches and Pork

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

READY IN



45 min.

SERVINGS



4

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 cups arugula trimmed
- 0.3 cup balsamic vinegar divided
- 0.5 teaspoon pepper black freshly ground
- 3 teaspoons thyme sprigs fresh chopped
- 1 teaspoon granulated sugar
- 2 tablespoons juice of lime fresh
- 12 ounces peaches pitted peeled halved
- 16 ounce pork loin chops boneless

0.5 teaspoon salt

Equipment

bowl

plastic wrap

grill

ziploc bags

rolling pin

meat tenderizer

Directions

Place each piece of pork between 2 sheets of heavy-duty plastic wrap, and pound each piece to 1/4-inch thickness using a meat mallet or a rolling pin.

Combine 2 tablespoons vinegar, juice, thyme, salt, and pepper in a small bowl. Reserve 1 tablespoon juice mixture.

Pour the remaining juice mixture in a large zip-top plastic bag.

Add pork; seal and marinate in refrigerator for 1 hour, turning occasionally.

Preheat grill to medium heat.

Place peaches, cut sides up, on a plate; drizzle with remaining 2 tablespoons vinegar.

Place pork on grill rack coated with cooking spray; grill 3 minutes on each side or until pork is done. Set aside.

Place peaches, cut sides down, on grill rack; grill 4 minutes or until soft and slightly browned. Turn and cook 2 minutes or until heated through.

Cut each peach half into 4 slices. Slice pieces of pork into 1-inch-thick strips.

Drizzle trimmed arugula with reserved 1 tablespoon juice mixture, tossing to coat. Divide arugula evenly among 4 plates. Top with grilled pork strips and peach slices; sprinkle evenly with turbinado sugar.

Nutrition Facts



Properties

Glycemic Index:67.34, Glycemic Load:5.3, Inflammation Score:-9, Nutrition Score:19.592608659164%

Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg Catechin: 4.18mg, Catechin: 4.18mg, Catechin: 4.18mg, Catechin: 4.18mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 10.65mg, Kaempferol: 10.65mg, Kaempferol: 10.65mg, Kaempferol: 10.65mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 240.88kcal (12.04%), Fat: 8.34g (12.83%), Saturated Fat: 2.83g (17.7%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 12.49g (4.54%), Sugar: 11.26g (12.51%), Cholesterol: 75.98mg (25.33%), Sodium: 368.28mg (16.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.2g (52.41%), Selenium: 39.44µg (56.34%), Vitamin B1: 0.79mg (52.86%), Vitamin B3: 9.88mg (49.38%), Vitamin B6: 0.88mg (43.76%), Vitamin K: 35.71µg (34.01%), Phosphorus: 296.65mg (29.67%), Vitamin A: 1070.08IU (21.4%), Potassium: 676.6mg (19.33%), Vitamin B2: 0.27mg (15.93%), Vitamin C: 12.64mg (15.32%), Zinc: 2.14mg (14.29%), Magnesium: 55.73mg (13.93%), Manganese: 0.24mg (11.84%), Vitamin B5: 1.1mg (11.04%), Vitamin B12: 0.6µg (10.02%), Iron: 1.7mg (9.47%), Folate: 35.67µg (8.92%), Copper: 0.17mg (8.54%), Fiber: 2.06g (8.24%), Calcium: 72.07mg (7.21%), Vitamin E: 0.92mg (6.11%), Vitamin D: 0.45µg (3.02%)