



WHATSheATE



Grilled Peachy Sweet Potato and Pork Packs



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



361 kcal

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup spring onion sliced
- ☐ 1 Dash ground cinnamon
- ☐ 2 medium nectarines peeled sliced
- ☐ 4 pork chops smoked boneless
- ☐ 1 Dash salt
- ☐ 1 large sweet potatoes and into peeled thinly sliced

Equipment

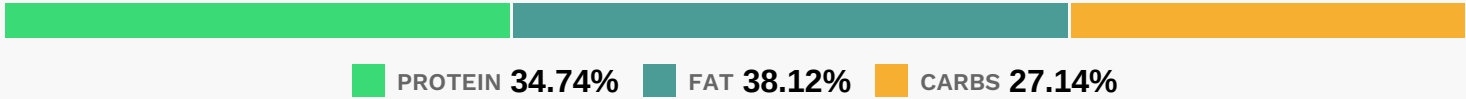
- ☐ grill

☐ aluminum foil

Directions

- ☐ Heat coals or gas grill for direct heat.
- ☐ Cut four 18x12-inch pieces of heavy-duty aluminum foil. Spray with cooking spray.
- ☐ Place one-fourth of the sweet potato slices on one side of each foil piece.
- ☐ Sprinkle with salt.
- ☐ Cut butter into small pieces; sprinkle over sweet potato. Top with pork chops and peaches.
- ☐ Sprinkle with cinnamon.
- ☐ Fold foil over pork mixture so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.
- ☐ Cover and grill packets 4 to 5 inches from medium heat 20 to 22 minutes or until sweet potatoes and peaches are tender.
- ☐ Place packets on plates.
- ☐ Cut large X across top of each packet; fold back foil.
- ☐ Sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:10.88, Inflammation Score:-10, Nutrition Score:25.555217463037%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 361.44kcal (18.07%), Fat: 15.19g (23.37%), Saturated Fat: 4.47g (27.94%), Carbohydrates: 24.34g (8.11%), Net Carbohydrates: 20.43g (7.43%), Sugar: 9.31g (10.34%), Cholesterol: 89.78mg (29.93%), Sodium: 197.02mg (8.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.15g (62.3%), Vitamin A: 12613.47IU (252.27%), Vitamin B1: 0.99mg (65.89%), Selenium: 44.91µg (64.16%), Vitamin B3: 12.01mg (60.05%), Vitamin B6: 1.17mg (58.65%), Phosphorus: 365.33mg (36.53%), Potassium: 900.55mg (25.73%), Vitamin B2: 0.33mg (19.21%), Vitamin B5: 1.8mg (17.97%), Zinc: 2.51mg (16.73%), Manganese: 0.32mg (16.04%), Magnesium: 64.09mg (16.02%), Fiber: 3.91g (15.64%), Vitamin K: 15.97µg (15.21%), Copper: 0.27mg (13.38%), Vitamin B12: 0.72µg (11.95%), Iron: 1.51mg (8.42%), Vitamin E: 1.09mg (7.24%), Vitamin C: 5.3mg (6.42%), Calcium: 45.41mg (4.54%), Folate: 17.69µg (4.42%), Vitamin D: 0.54µg (3.57%)