



HEALTH SCORE

62%

## Grilled Pork Chops



Gluten Free



Dairy Free



Very Healthy

READY IN



1480 min.

SERVINGS



8

CALORIES



1706 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons pepper black
- ☐ 2 tablespoons brandy
- ☐ 4 tablespoons brown sugar
- ☐ 1 teaspoon chili pepper flakes red
- ☐ 2 tablespoons fish sauce
- ☐ 8 green onions finely chopped (using white part only)
- ☐ 2 stalks lemongrass finely chopped (using 3 inches from the top)
- ☐ 64 servings pork chops (1/)

☐ 0.5 teaspoon salt

## Equipment

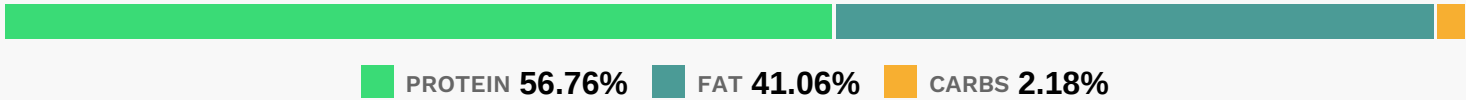
☐ bowl

☐ grill

## Directions

- ☐ Combine green onions, lemongrass, salt, pepper, and sugar into a large bowl.
- ☐ Mix together until it becomes a thick paste.
- ☐ Add fish sauce, brandy and chili flakes, and stir well.
- ☐ Coat each pork chop with the seasoning. Refrigerate for at least a couple hours (up to 24 hours).
- ☐ Grill at approximately 400 degrees F, about 7 to 8 minutes on each side.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:0.39, Inflammation Score:-8, Nutrition Score:53.314347961675%

## Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

## Nutrients (% of daily need)

Calories: 1706.2kcal (85.31%), Fat: 74.49g (114.6%), Saturated Fat: 26.29g (164.33%), Carbohydrates: 8.89g (2.96%), Net Carbohydrates: 8.19g (2.98%), Sugar: 6.31g (7.01%), Cholesterol: 718.24mg (239.41%), Sodium: 1017.37mg (44.23%), Alcohol: 1.25g (100%), Alcohol %: 0.14% (100%), Protein: 231.71g (463.41%), Selenium: 355.49µg (507.84%), Vitamin B1: 7.16mg (477.47%), Vitamin B3: 85.87mg (429.36%), Vitamin B6: 7.82mg (391.04%), Phosphorus: 2434.29mg (243.43%), Vitamin B2: 2mg (117.87%), Potassium: 4101.78mg (117.19%), Zinc: 16.78mg (111.86%), Vitamin B12: 5.7µg (95.05%), Vitamin B5: 7.84mg (78.4%), Magnesium: 294.5mg (73.62%), Iron: 6.08mg (33.76%), Copper: 0.65mg (32.35%), Vitamin D: 4.29µg (28.59%), Vitamin K: 27.38µg (26.08%), Manganese: 0.5mg (24.9%), Calcium: 99.86mg (9.99%), Vitamin E: 1.48mg (9.86%), Vitamin C: 3.27mg (3.97%), Vitamin A: 177.44IU (3.55%), Folate: 13.25µg (3.31%), Fiber: 0.7g (2.8%)