



Grilled Pork Chops With Cherry Salsa

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup onion red chopped
- 2 tablespoons juice of lemon
- 1.5 pounds cherries
- 4 pork chops
- 1 serving salt
- 1 serving olive oil extra virgin
- 2 tablespoons basil fresh chopped
- 1 tablespoon balsamic vinegar

- 0.5 teaspoon salt
- 1 teaspoon sugar

Equipment

- food processor
- bowl
- knife
- grill
- cherry pitter

Directions

- Mix the chopped onion with the lemon juice in a small bowl and set aside. The lemon juice will help take the edge off the onions.
- Set aside at room temperature.
- A cherry pitter is magical for this task, but if you don't have one, use a small knife. Double check for stray pits, they always seem to find their way into dishes that call for fresh cherries.
- Put the cherries, onions and chopped basil into a food processor. Pulse a few times until you have a chunky salsa, with differing textures of cherry. Alternately, you can chop everything by hand.
- Mix in the balsamic vinegar, the 1/2 teaspoon salt and sugar.
- Add more of any of these ingredients to taste. Set aside at room temperature. You can make this salsa up to 8 hours in advance.
- Prepare your grill for high direct heat. Grill the pork chops over high heat with the grill cover closed for 3 minutes. Turn them 45 degrees on the same side to get a pretty cross-hatch pattern, then close the grill cover and cook another 3 minutes.
- Turn the pork chops over, but this time keep the grill cover open and cook for a final 2-3 minutes. Allow to rest for 5-10 minutes before serving.
- Serve the pork chops with the cherry salsa.
- Quick Dinners
- Cherry
- Pork Chops

Nutrition Facts (per serving)

Calories

Fat

Carbs

Protein

Show Full Nutrition Label

Nutrition Facts

Servings: 4

Amount per serving

Calories

% Daily Value*

Total Fat 12g

Saturated Fat 3g

Cholesterol 66mg

Sodium 457mg

Total Carbohydrate 28g

Dietary Fiber 4g

Total Sugars 22g

Protein 22g

Vitamin C 13mg

Calcium 47mg

Iron 1mg

Potassium 656mg

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition information is calculated using an ingredient database and should be considered an estimate. In cases where multiple ingredient alternatives are given, the first listed is calculated for nutrition.

Garnishes and optional ingredients are not included.

Nutrition Facts

PROTEIN 33.69% FAT 32.27% CARBS 34.04%

Properties

Glycemic Index:59.77, Glycemic Load:6.66, Inflammation Score:-5, Nutrition Score:20.039130366367%

Flavonoids

Cyanidin: 51.39mg, Cyanidin: 51.39mg, Cyanidin: 51.39mg, Cyanidin: 51.39mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 2.55mg, Peonidin: 2.55mg, Peonidin: 2.55mg, Peonidin: 2.55mg Catechin: 7.42mg, Catechin: 7.42mg, Catechin: 7.42mg, Catechin: 7.42mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 8.5mg, Epicatechin: 8.5mg, Epicatechin: 8.5mg, Epicatechin: 8.5mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg

Nutrients (% of daily need)

Calories: 363.05kcal (18.15%), Fat: 13.19g (20.29%), Saturated Fat: 3.84g (24.02%), Carbohydrates: 31.3g (10.43%), Net Carbohydrates: 27.35g (9.95%), Sugar: 24.41g (27.12%), Cholesterol: 89.78mg (29.93%), Sodium: 405.37mg (17.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.98g (61.95%), Selenium: 44.47µg (63.53%), Vitamin B1: 0.95mg (63.4%), Vitamin B3: 11mg (55.02%), Vitamin B6: 1.09mg (54.26%), Phosphorus: 346.28mg (34.63%), Potassium: 921.92mg (26.34%), Vitamin C: 16.47mg (19.96%), Vitamin B2: 0.31mg (18.32%), Fiber: 3.95g (15.8%), Zinc: 2.25mg (14.97%), Magnesium: 57.13mg (14.28%), Vitamin B5: 1.35mg (13.49%), Vitamin B12: 0.71µg (11.84%), Copper: 0.19mg (9.57%), Vitamin K: 9.91µg (9.44%), Manganese: 0.17mg (8.64%), Iron: 1.41mg (7.85%), Vitamin E: 0.82mg (5.47%), Calcium: 39.65mg (3.96%), Vitamin D: 0.54µg (3.57%), Vitamin A: 167.82IU (3.36%), Folate: 12.78µg (3.2%)