Grilled Pork Chops with Fresh Nectarine Salsa

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
33 min.	4	142 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- [ ] 1 teaspoon chili powder
- [ ] 2 tablespoons cilantro leaves fresh chopped
- [ ] 1 teaspoon ground cumin
- [ ] 4 servings salt and ground pepper black to taste
- [ ] 2 tablespoons juice of lime fresh
- [ ] 2 nectarines diced pitted
- [ ] 2 tablespoons olive oil
- [ ] 0.3 cup onion diced

- [ ] 4 ounce pork loin chops boneless
- [ ] 0.3 teaspoon pepper flakes red crushed to taste
- [ ] 4 servings salt to taste
- [ ] 1 tomatoes diced ripe seeded

Equipment

- [ ] bowl
- [ ] grill

Directions

- [ ] Preheat an outdoor grill for medium-high heat. Lightly oil grate, and set 4 inches from the heat.
- [ ] To make the salsa, place the nectarines, tomato, onion, cilantro, lime juice, and red pepper flakes in a bowl; toss to blend. Season to taste with salt. Cover, and refrigerate 30 minutes to blend flavors.
- [ ] Stir the cumin, chili powder, salt, and pepper together in a small bowl.
- [ ] Place the olive oil in a small bowl.
- [ ] Brush the pork chops with oil, and season both sides evenly with the cumin mixture.
- [ ] Place pork loin chops on the preheated grill. Cook until lightly browned and juices run clear, about 4 minutes on each side.
- [ ] Place pork chops on serving plates, and top with a generous spoonful of salsa.

Nutrition Facts

PROTEIN **20.81%** FAT **52.48%** CARBS **26.71%**

Properties

Glycemic Index:44.25, Glycemic Load:2.89, Inflammation Score:-6, Nutrition Score:7.4052173417547%

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 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: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg 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: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 142.34kcal (7.12%), Fat: 8.63g (13.28%), Saturated Fat: 1.36g (8.49%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 7.95g (2.89%), Sugar: 7.02g (7.8%), Cholesterol: 17.86mg (5.95%), Sodium: 230.34mg (10.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.4%), Vitamin B6: 0.29mg (14.35%), Vitamin A: 701.52IU (14.03%), Vitamin B3: 2.73mg (13.64%), Vitamin E: 1.92mg (12.82%), Selenium: 8.07µg (11.53%), Vitamin B1: 0.17mg (11.5%), Vitamin C: 9.36mg (11.34%), Phosphorus: 98.2mg (9.82%), Vitamin K: 9.62µg (9.16%), Potassium: 318.9mg (9.11%), Fiber: 1.93g (7.74%), Manganese: 0.13mg (6.55%), Copper: 0.11mg (5.56%), Magnesium: 21.73mg (5.43%), Iron: 0.97mg (5.39%), Vitamin B2: 0.09mg (5.29%), Zinc: 0.79mg (5.25%), Vitamin B5: 0.4mg (4%), Folate: 11.89µg (2.97%), Vitamin B12: 0.14µg (2.41%), Calcium: 16.75mg (1.67%)