



Grilled Pork Chops with Garlic Lime Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup olive oil
- ☐ 3 inch pork chops boneless
- ☐ 0.3 teaspoon red-pepper flakes dried hot

Equipment

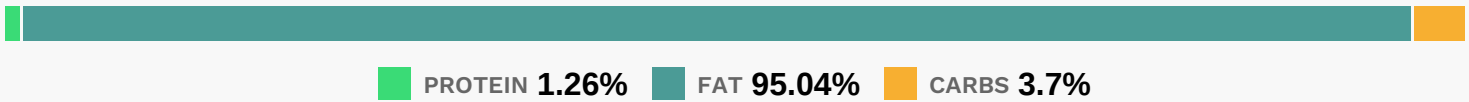
- ☐ whisk

- ☐ grill
- ☐ grill pan

Directions

- ☐ Whisk together lime juice, garlic, red-pepper flakes, and 1/4 teaspoon salt, then add oil in a slow stream, whisking well.
- ☐ Whisk in cilantro.
- ☐ Prepare a gas grill for direct-heat cooking over medium-high heat. Pat pork dry and season with salt and pepper. Oil grill rack, then grill pork chops, covered, turning over once, until just cooked through, 5 to 6 minutes total.
- ☐ Serve drizzled with some vinaigrette, and with remainder on the side.
- ☐ If you aren't able to grill outdoors, chops can be cooked in a hot lightly oiled large (2-burner) ridged grill pan over moderately high heat.
- ☐ Nutrition Data
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- ☐ See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.0978261221038%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 167.37kcal (8.37%), Fat: 18.17g (27.95%), Saturated Fat: 2.54g (15.85%), Carbohydrates: 1.59g (0.53%), Net Carbohydrates: 1.47g (0.53%), Sugar: 0.27g (0.3%), Cholesterol: 1.28mg (0.43%), Sodium: 3.85mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.09%), Vitamin E: 2.68mg (17.87%), Vitamin K: 11.69µg (11.13%),

Vitamin C: 4.83mg (5.85%), Vitamin B6: 0.03mg (1.59%), Vitamin B1: 0.02mg (1.23%), Vitamin A: 58.26IU (1.17%),
Selenium: 0.78µg (1.11%)