



Grilled Pork Chops with Herb Butter



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 2 lb center-cut pork chops bone-in
- ☐ 4 servings salt and pepper
- ☐ 4 tablespoons butter unsalted softened

Equipment

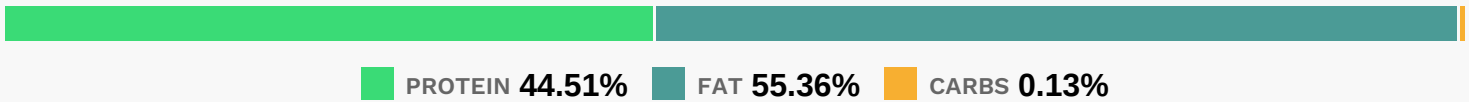
- ☐ bowl

- ☐ paper towels
- ☐ plastic wrap
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ In a small bowl, mash together butter, chives, parsley and mustard with a fork until smooth. Cover with plastic wrap and let stand at cool room temperature while pork chops are cooking.
- ☐ Preheat a gas grill on high, covered, for 10 minutes, and then lower heat to medium. Pat pork chops dry with paper towels and sprinkle generously with salt and pepper. Grill, turning once, until an instant-read thermometer inserted into center of meaty part of a chop (do not touch bone) registers 145F, 12 to14 minutes total.
- ☐ Transfer chops to a platter and top each with 1 Tbsp. herb butter. Loosely tent with foil to keep warm, let stand 5 minutes and then serve hot.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:26.507391338763%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 452.88kcal (22.64%), Fat: 27.13g (41.74%), Saturated Fat: 12.75g (79.7%), Carbohydrates: 0.14g (0.05%), Net Carbohydrates: 0.06g (0.02%), Sugar: 0.04g (0.04%), Cholesterol: 182.05mg (60.68%), Sodium: 311.65mg (13.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.07g (98.15%), Selenium: 75.43µg (107.76%), Vitamin B1: 1.52mg (101.07%), Vitamin B3: 18.14mg (90.72%), Vitamin B6: 1.65mg (82.47%), Phosphorus: 517.61mg (51.76%), Vitamin B2: 0.43mg (25.09%), Potassium: 858.05mg (24.52%), Zinc: 3.55mg (23.65%), Vitamin B12: 1.23µg

(20.43%), Vitamin K: 18.99µg (18.08%), Vitamin B5: 1.67mg (16.73%), Magnesium: 60.37mg (15.09%), Vitamin A: 476.26IU (9.53%), Vitamin D: 1.12µg (7.45%), Iron: 1.22mg (6.79%), Copper: 0.13mg (6.63%), Vitamin E: 0.63mg (4.21%), Calcium: 21.82mg (2.18%), Vitamin C: 1.77mg (2.14%), Manganese: 0.02mg (1.2%)