



Grilled Pork Chops with Long Hots and Yellow Bell Peppers

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 bunch basil chopped fine
- 3 to 4 bell peppers yellow cut into strips
- 0.5 cup olive oil
- 8 servings bell pepper
- 10 long peppers hot cut into strips
- 8 pork chops (cut or thicker)
- 8 servings salt

4 tablespoons irvine spices calgary steak seasoning

6 cloves garlic whole

Equipment

frying pan

grill

Directions

Heat your grill. Season pork chops with steak seasoning, salt and pepper.

Heat olive oil in a saute pan and add hot peppers, yellow bell peppers, basil and garlic, cooking over medium heat until light golden brown. Grill pork chops to desired doneness and arrange on serving platter with peppers and garlic mixture.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:3, Inflammation Score:-10, Nutrition Score:30.854347985724%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 295.09kcal (14.75%), Fat: 12.73g (19.58%), Saturated Fat: 3.81g (23.78%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 11.25g (4.09%), Sugar: 6.2g (6.88%), Cholesterol: 89.78mg (29.93%), Sodium: 268.04mg (11.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.46g (62.93%), Vitamin C: 259.11mg (314.07%), Vitamin B6: 1.6mg (80.22%), Vitamin B1: 1mg (66.46%), Selenium: 45.31µg (64.73%), Vitamin B3: 12.61mg (63.05%), Vitamin A: 3041.92IU (60.84%), Phosphorus: 364.25mg (36.43%), Vitamin K: 31.37µg (29.88%), Potassium: 956.99mg (27.34%), Vitamin B2: 0.38mg (22.2%), Manganese: 0.43mg (21.56%), Zinc: 2.58mg (17.19%), Magnesium: 67.44mg (16.86%), Folate: 61.98µg (15.49%), Vitamin E: 2.16mg (14.4%), Iron: 2.55mg (14.18%), Vitamin B5: 1.41mg (14.13%), Fiber: 3.09g (12.36%), Vitamin B12: 0.71µg (11.84%), Copper: 0.23mg (11.68%), Calcium: 52.4mg (5.24%), Vitamin D: 0.54µg (3.57%)