



Grilled Pork Chops with Shallot Butter

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter softened
- ☐ 2 teaspoons chives fresh finely chopped
- ☐ 1 teaspoon rosemary fresh finely chopped
- ☐ 1 teaspoon thyme leaves fresh finely chopped
- ☐ 3 garlic cloves minced
- ☐ 0.3 teaspoon lemon rind grated
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 7 ounce center-cut pork chops bone-in
- ☐ 1 teaspoon salt divided
- ☐ 2.5 teaspoons shallots minced

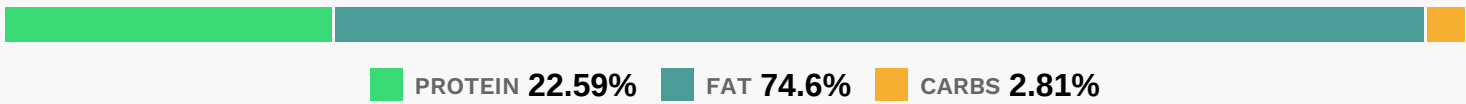
Equipment

- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Sprinkle both sides of pork evenly with 1/2 teaspoon salt and pepper.
- ☐ Combine oil, chives, thyme, rosemary, and garlic, stirring well. Rub oil mixture evenly over both sides of pork.
- ☐ Place pork on grill rack; grill 6 minutes on each side or until a thermometer inserted in the thickest part of pork registers 15
- ☐ Remove pork from grill; let stand 5 minutes.
- ☐ Sprinkle with remaining 1/2 teaspoon salt.
- ☐ Combine butter, shallots, and lemon rind, stirring well.
- ☐ Spread about 1 teaspoon butter mixture over each pork chop; let the pork stand an additional 5 minutes.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:3.5660869323689%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin:

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Nutrients (% of daily need)

Calories: 97.45kcal (4.87%), Fat: 8.08g (12.43%), Saturated Fat: 2.9g (18.1%), Carbohydrates: 0.68g (0.23%), Net Carbohydrates: 0.54g (0.2%), Sugar: 0.07g (0.08%), Cholesterol: 24.14mg (8.05%), Sodium: 325.51mg (14.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.01%), Selenium: 8.43µg (12.04%), Vitamin B1: 0.17mg (11.25%), Vitamin B3: 2mg (10%), Vitamin B6: 0.2mg (9.91%), Phosphorus: 59.72mg (5.97%), Vitamin E: 0.62mg (4.14%), Vitamin K: 3.22µg (3.06%), Potassium: 105mg (3%), Vitamin B2: 0.05mg (2.96%), Zinc: 0.41mg (2.75%), Manganese: 0.05mg (2.62%), Vitamin B12: 0.14µg (2.29%), Vitamin A: 112.77IU (2.26%), Vitamin B5: 0.2mg (1.97%), Magnesium: 7.79mg (1.95%), Iron: 0.24mg (1.34%), Vitamin C: 1.03mg (1.25%), Copper: 0.02mg (1.12%)