



Grilled Pork Chops with Sweet Peach Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 3 tablespoons ground coriander
- 2 tablespoons ground cumin
- 2 tablespoons kosher salt
- 3 tablespoons paprika
- 1 cup peach sauce sweet
- 3 tablespoons cracked pepper black
- 24 ounce center-cut pork chops bone-in (1/)

Equipment

- bowl
- grill

Directions

- Prepare grill.
- Combine the first 6 ingredients in a bowl. Rub the pork chops with 1/4 cup spice mixture, and reserve the remaining spice mixture for another use.
- Place the pork chops on a grill rack coated with cooking spray. Cook the pork chops for 4 minutes on each side or until done.
- Serve with Sweet Peach Sauce.
- Totals include Sweet Peach Sauce.

Nutrition Facts



Properties

Glycemic Index:23.06, Glycemic Load:2.09, Inflammation Score:-9, Nutrition Score:29.933043158573%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 339.75kcal (16.99%), Fat: 14.07g (21.64%), Saturated Fat: 4.43g (27.71%), Carbohydrates: 15.93g (5.31%), Net Carbohydrates: 10.5g (3.82%), Sugar: 6.78g (7.53%), Cholesterol: 113.97mg (37.99%), Sodium: 3586.53mg (155.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.22g (78.44%), Selenium: 58.85µg (84.06%), Vitamin B1: 1.19mg (79.59%), Vitamin B3: 14.7mg (73.49%), Vitamin B6: 1.38mg (69.22%), Vitamin A: 2780.86IU (55.62%), Phosphorus: 446.91mg (44.69%), Manganese: 0.87mg (43.75%), Iron: 5.18mg (28.79%), Potassium: 966.8mg (27.62%), Vitamin B2: 0.42mg (24.7%), Zinc: 3.34mg (22.24%), Magnesium: 88.06mg (22.02%), Fiber:

5.43g (21.74%), Vitamin B12: 0.9µg (15.03%), Vitamin B5: 1.49mg (14.94%), Vitamin E: 2.18mg (14.51%), Copper: 0.29mg (14.46%), Vitamin K: 12.9µg (12.29%), Calcium: 104.57mg (10.46%), Vitamin D: 0.68µg (4.54%), Vitamin C: 2.64mg (3.21%), Folate: 5.98µg (1.49%)