



Grilled Pork Chops with Tomato Peach Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup basil chopped
- ☐ 10 ounces cherry tomatoes quartered
- ☐ 1 tablespoon chili powder
- ☐ 2 large garlic clove
- ☐ 1 tablespoon jalapeno fresh finely chopped
- ☐ 3 tablespoons juice of lime fresh divided
- ☐ 4 servings lime wedges
- ☐ 2 tablespoons mint leaves chopped

- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 large nectarines
- ☐ 2 tablespoons red-wine vinegar
- ☐ 2 spring onion finely chopped
- ☐ 1 teaspoon sugar

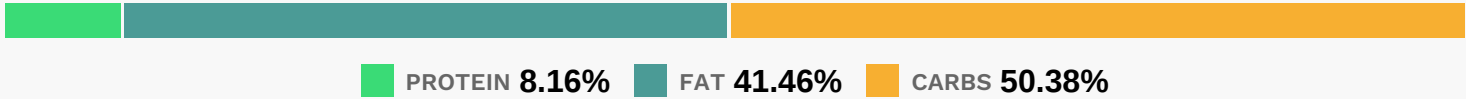
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Mince and mash garlic to a paste with 1/4 teaspoon salt.
- ☐ Transfer to a bowl and stir in oil and 3 tablespoons lime juice.
- ☐ Pour marinade over chops in a glass or ceramic shallow baking dish, then turn to coat. Marinate at room temperature, turning over once, 20 minutes to 1 hour.
- ☐ Chop peach, then toss with sugar and remaining teaspoon lime juice in a medium bowl and let stand 5 minutes.
- ☐ Stir in tomatoes, scallions, chile, herbs, and vinegar.
- ☐ Let stand while grilling pork.
- ☐ Prepare grill for direct-heat cooking over medium-hot charcoal (medium heat for gas).
- ☐ Meanwhile, remove chops from marinade and pat dry, leaving any bits of garlic.
- ☐ Sprinkle chops on both sides with chili powder, 3/4 teaspoon salt, and 1/4 teaspoon pepper (total).
- ☐ Oil grill rack, then grill chops, covered only if using a gas grill, turning over once and moving to area with no coals underneath if flare-ups occur, until just cooked through, 12 to 15 minutes.
- ☐ Serve chops with relish.
- ☐ If you aren't able to grill outdoors, chops can be cooked in a hot oiled large (2-burner) ridged grill pan over medium-high heat, turning over once, 12 to 14 minutes total.

Nutrition Facts



Properties

Glycemic Index:77.27, Glycemic Load:2.3, Inflammation Score:-8, Nutrition Score:8.2613044303396%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Eriodictyol: 1.02mg, Eriodictyol: 1.02mg, Eriodictyol: 1.02mg, Eriodictyol: 1.02mg Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 80.27kcal (4.01%), Fat: 4.05g (6.23%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 8.71g (3.17%), Sugar: 6.5g (7.23%), Cholesterol: 0mg (0%), Sodium: 48.75mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.59%), Vitamin C: 28.12mg (34.08%), Vitamin A: 1360.88IU (27.22%), Vitamin K: 26.42µg (25.16%), Vitamin E: 2.11mg (14.06%), Manganese: 0.22mg (11%), Fiber: 2.37g (9.47%), Potassium: 312.28mg (8.92%), Vitamin B6: 0.16mg (7.79%), Iron: 1.31mg (7.3%), Copper: 0.13mg (6.74%), Vitamin B3: 1.21mg (6.05%), Folate: 22.09µg (5.52%), Magnesium: 19.23mg (4.81%), Phosphorus: 46.49mg (4.65%), Vitamin B1: 0.06mg (3.82%), Vitamin B2: 0.06mg (3.76%), Calcium: 33.79mg (3.38%), Zinc: 0.37mg (2.44%), Vitamin B5: 0.23mg (2.34%), Selenium: 1.05µg (1.5%)