



Grilled Pork Chops with Two-Melon Salsa



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons canola oil
- ☐ 1.5 teaspoons chili powder
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 cup wedges honeydew melon chopped
- ☐ 1 tablespoon jalapeno finely chopped
- ☐ 1 tablespoon juice of lime fresh

- ☐ 16 ounce pork chops boneless trimmed
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons onion sweet finely chopped
- ☐ 1 cup seeded/seedless watermelon seedless chopped

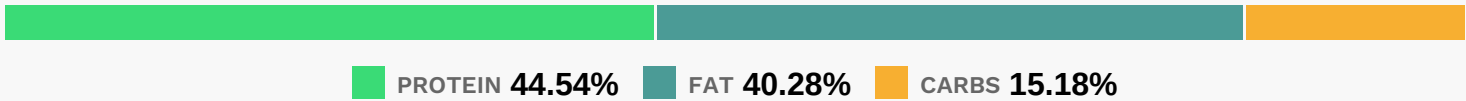
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ To prepare salsa, combine the first 7 ingredients; set aside.
- ☐ To prepare pork chops, heat a grill pan over medium-high heat.
- ☐ Combine oil and next 4 ingredients (through black pepper) in a small bowl. Rub oil mixture over both sides of pork chops. Coat pan with cooking spray.
- ☐ Add pork to pan; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:43.92, Glycemic Load:2.1, Inflammation Score:-5, Nutrition Score:16.121304372083%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg,
Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol:
0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg,
Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg,
Luteolin: 0.23mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin:

0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 228.26kcal (11.41%), Fat: 10.12g (15.57%), Saturated Fat: 2.97g (18.58%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 7.58g (2.76%), Sugar: 6.47g (7.18%), Cholesterol: 75.98mg (25.33%), Sodium: 439.2mg (19.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.19g (50.37%), Selenium: 38.29µg (54.7%), Vitamin B1: 0.79mg (52.95%), Vitamin B3: 9.46mg (47.3%), Vitamin B6: 0.93mg (46.35%), Phosphorus: 272.71mg (27.27%), Vitamin C: 16.7mg (20.24%), Potassium: 606.4mg (17.33%), Vitamin B2: 0.24mg (13.85%), Zinc: 1.9mg (12.66%), Vitamin A: 514.19IU (10.28%), Magnesium: 40.73mg (10.18%), Vitamin B5: 1.01mg (10.1%), Vitamin B12: 0.6µg (10.02%), Vitamin E: 0.96mg (6.41%), Copper: 0.11mg (5.41%), Iron: 0.93mg (5.17%), Vitamin K: 4.74µg (4.52%), Fiber: 1.01g (4.03%), Manganese: 0.08mg (3.88%), Folate: 12.8µg (3.2%), Vitamin D: 0.45µg (3.02%), Calcium: 19.24mg (1.92%)