



HEALTH SCORE

63%

Grilled Pork Porterhouse with Peach Agrodolce



Gluten Free



Dairy Free



Very Healthy

READY IN



85 min.

SERVINGS



4

CALORIES



1852 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 4 servings peaches
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 10 lb pork chops ()

Equipment

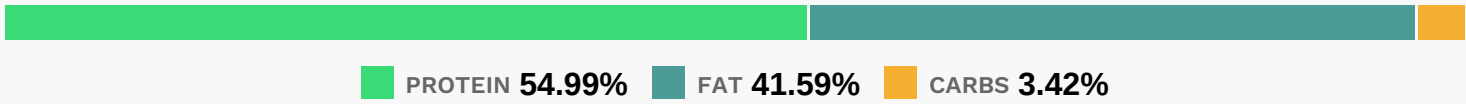
- ☐ grill

☐ kitchen thermometer

Directions

- ☐ Let pork stand at room temperature 30 minutes. Light one side of grill, heating to 350 to 400 (medium-high) heat; leave other side unlit.
- ☐ Brush pork with olive oil, and sprinkle with salt and pepper.
- ☐ Grill pork over lit side of grill, covered with grill lid, 4 minutes on each side; transfer pork to unlit side, and grill, covered with grill lid, 10 minutes on each side or until a meat thermometer registers 15
- ☐ Let stand 5 minutes. Arrange pork on a serving platter, and top with Peach Agrodolce.

Nutrition Facts



Properties

Glycemic Index:18.06, Glycemic Load:5.22, Inflammation Score:-9, Nutrition Score:53.910434484482%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 1852.24kcal (92.61%), Fat: 82.61g (127.09%), Saturated Fat: 28.3g (176.86%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 13g (4.73%), Sugar: 12.59g (13.99%), Cholesterol: 759.77mg (253.26%), Sodium: 999.96mg (43.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 245.76g (491.53%), Selenium: 378.51µg (540.73%), Vitamin B1: 7.6mg (506.66%), Vitamin B3: 91.79mg (458.97%), Vitamin B6: 8.27mg (413.55%), Phosphorus: 2596.19mg (259.62%), Potassium: 4416.2mg (126.18%), Vitamin B2: 2.14mg (126.17%), Zinc: 17.93mg (119.51%), Vitamin B12: 6.01µg (100.17%), Vitamin B5: 8.48mg (84.77%), Magnesium: 307.27mg (76.82%), Copper: 0.76mg (37.78%), Iron: 6.23mg (34.6%), Vitamin D: 4.54µg (30.24%), Vitamin E: 3.08mg (20.51%), Vitamin A: 535.73IU (10.71%), Manganese: 0.2mg (10.19%), Fiber: 2.31g (9.25%), Calcium: 86.79mg (8.68%), Vitamin C: 6.15mg (7.45%), Vitamin K: 7.02µg (6.68%), Folate: 9.04µg (2.26%)