



 11%
HEALTH SCORE

Grilled Pork Steaks with Lemon Butter Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 1 clove garlic minced
- 1 pinch kosher salt
- 2 teaspoons juice of lemon
- 6 pork chops

Equipment

- sauce pan
- grill

Directions

- Preheat an outdoor grill for high heat and lightly oil grate.
- Melt the butter in a small saucepan over medium heat. Stir in the lemon juice and the garlic and heat until garlic is tender.
- Remove from heat.
- Arrange the chops on a plate and coat top side of each chop with the butter mixture.
- Place chops on the grill butter side down.
- Sear over high heat for 1 minute, coating the top side of the chops with the butter mixture while the other side is grilling. Flip the chops and sear the other side for 1 minute.
- Turn the meat, cover the grill and cook 3 to 5 more minutes per side, brushing occasionally with the remaining butter mixture. Pork chops are done when internal temperature reaches 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:15.261304494317%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 259kcal (12.95%), Fat: 14.98g (23.05%), Saturated Fat: 6.88g (43.01%), Carbohydrates: 0.28g (0.09%), Net Carbohydrates: 0.27g (0.1%), Sugar: 0.05g (0.06%), Cholesterol: 104.83mg (34.94%), Sodium: 115.89mg (5.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.97g (57.95%), Selenium: 44.5µg (63.57%), Vitamin B1: 0.9mg (59.7%), Vitamin B3: 10.71mg (53.56%), Vitamin B6: 0.98mg (49%), Phosphorus: 305.42mg (30.54%), Vitamin B2: 0.25mg (14.77%), Potassium: 505.22mg (14.43%), Zinc: 2.09mg (13.93%), Vitamin B12: 0.72µg (12.03%), Vitamin B5: 0.99mg (9.87%), Magnesium: 35.21mg (8.8%), Copper: 0.08mg (3.84%), Iron: 0.68mg (3.78%), Vitamin A: 180.43IU (3.61%), Vitamin D: 0.54µg (3.57%), Vitamin E: 0.34mg (2.26%), Calcium: 12.07mg (1.21%)