



## Grilled Southwestern Pork Chops

 Gluten Free  Dairy Free

READY IN



47 min.

SERVINGS



8

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon chili powder
- 1 large garlic clove finely chopped
- 1 teaspoon ground cumin
- 0.3 teaspoon ground pepper red (cayenne)
- 2.5 pounds pork loin
- 0.3 teaspoon salt
- 1 tablespoon vegetable oil

### Equipment

grill

## Directions

Mix all ingredients except pork.

Spread chili powder mixture evenly on both sides of pork. Cover and refrigerate at least 30 minutes but no longer than 24 hours.

Heat coals or gas grill for direct heat. Cover and grill pork 4 to 6 inches from medium heat 10 to 12 minutes, turning frequently, until slightly pink when cut near bone.

## Nutrition Facts

**PROTEIN 63.94%** **FAT 34.52%** **CARBS 1.54%**

## Properties

Glycemic Index:8.38, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:15.008260854884%

## Flavonoids

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: 206.65kcal (10.33%), Fat: 7.67g (11.79%), Saturated Fat: 2.06g (12.87%), Carbohydrates: 0.77g (0.26%), Net Carbohydrates: 0.37g (0.13%), Sugar: 0.09g (0.1%), Cholesterol: 89.3mg (29.77%), Sodium: 159.03mg (6.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.95g (63.9%), Selenium: 39.54µg (56.49%), Vitamin B6: 1.1mg (54.92%), Vitamin B1: 0.63mg (42.2%), Vitamin B3: 8.28mg (41.39%), Phosphorus: 323.94mg (32.39%), Zinc: 2.61mg (17.42%), Vitamin B2: 0.28mg (16.25%), Potassium: 556.88mg (15.91%), Vitamin B12: 0.72µg (12.05%), Vitamin B5: 1.07mg (10.67%), Magnesium: 39.45mg (9.86%), Vitamin A: 325.71IU (6.51%), Iron: 1.12mg (6.2%), Vitamin E: 0.73mg (4.88%), Copper: 0.1mg (4.79%), Vitamin K: 4.25µg (4.05%), Vitamin D: 0.57µg (3.78%), Manganese: 0.04mg (2.15%), Fiber: 0.4g (1.6%), Calcium: 13.53mg (1.35%)