



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

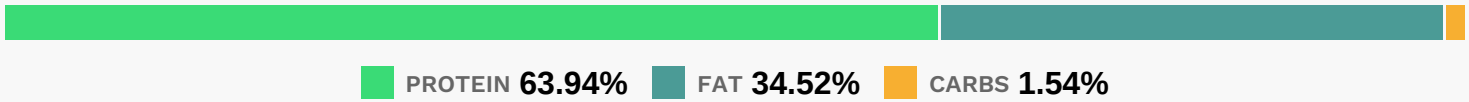
Equipment

- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

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 then 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 meat thermometer inserted in center reads 145°F.
- ☐ Remove from grill; cover loosely with foil and let stand at least 3 minutes before serving.

Nutrition Facts



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%)