



Grilled Teriyaki Pork Chops with Summery Peach Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons brown sugar
- 2 tablespoons cooking wine dry white
- 1 tablespoon ginger fresh minced peeled
- 2 garlic cloves minced
- 2 tablespoons juice of lime fresh
- 0.3 cup soya sauce low-sodium
- 24 ounce center-cut pork chops (3/)

- 4 servings summery peach salsa
- 3 tablespoons shallots minced

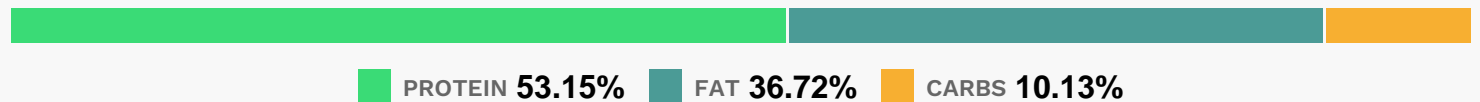
Equipment

- grill
- ziploc bags

Directions

- Trim fat from pork.
- Combine pork and next 7 ingredients (pork through garlic) in a large zip-top plastic bag. Seal and marinate in refrigerator 4 hours, turning bag occasionally.
- Remove pork from bag, reserving marinade.
- Prepare grill.
- Place pork on a grill rack coated with cooking spray; cook 7 minutes on each side or until done, basting frequently with reserved marinade.
- Serve with Summery Peach Salsa.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:21.920434272808%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 304.77kcal (15.24%), Fat: 11.95g (18.38%), Saturated Fat: 4.19g (26.17%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 6.39g (2.32%), Sugar: 3.59g (3.99%), Cholesterol: 113.97mg (37.99%), Sodium: 867.64mg (37.72%),

Alcohol: 0.77g (100%), Alcohol %: 0.4% (100%), Protein: 38.91g (77.82%), Selenium: 57.02µg (81.45%), Vitamin B1: 1.16mg (77.49%), Vitamin B3: 14.19mg (70.93%), Vitamin B6: 1.37mg (68.56%), Phosphorus: 430.97mg (43.1%), Potassium: 827.54mg (23.64%), Vitamin B2: 0.37mg (21.72%), Zinc: 2.9mg (19.3%), Magnesium: 64.21mg (16.05%), Vitamin B12: 0.9µg (15.03%), Vitamin B5: 1.4mg (14.01%), Manganese: 0.18mg (8.89%), Iron: 1.36mg (7.58%), Copper: 0.14mg (7.1%), Vitamin C: 4.01mg (4.86%), Vitamin E: 0.7mg (4.68%), Vitamin D: 0.68µg (4.54%), Fiber: 1.02g (4.1%), Calcium: 34.39mg (3.44%), Vitamin A: 164.59IU (3.29%), Folate: 11.92µg (2.98%), Vitamin K: 1.51µg (1.43%)