



Hoisin-Marinated Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon pepper red crushed
- 2 garlic cloves minced
- 0.3 cup hoisin sauce
- 0.3 cup honey
- 0.3 cup soya sauce low-sodium
- 4 ounce center-cut loin pork chops boneless (3/)

Equipment

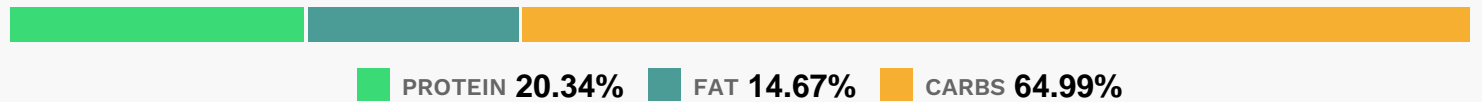
- grill

ziploc bags

Directions

- Combine first 5 ingredients in a large zip-top plastic bag; add pork chops. Seal and marinate in refrigerator 8 hours or overnight.
- Prepare grill.
- Remove pork from bag; discard marinade.
- Place pork on grill rack coated with cooking spray; grill 3 minutes on each side or until done.
- Note: Reserve 4 cooked pork chops for Grilled Pork and Rice Noodle Salad. Store cooked pork in refrigerator for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:10.28, Glycemic Load:4.62, Inflammation Score:-1, Nutrition Score:2.7626086862191%

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: 79.45kcal (3.97%), Fat: 1.34g (2.06%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 13.34g (4.45%), Net Carbohydrates: 12.92g (4.7%), Sugar: 11.1g (12.34%), Cholesterol: 9.75mg (3.25%), Sodium: 437.55mg (19.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.35%), Selenium: 5.13µg (7.33%), Vitamin B6: 0.14mg (6.9%), Vitamin B3: 1.37mg (6.85%), Vitamin B1: 0.1mg (6.68%), Phosphorus: 50.85mg (5.08%), Vitamin B2: 0.07mg (4.19%), Manganese: 0.08mg (4.09%), Magnesium: 12.02mg (3%), Potassium: 104.54mg (2.99%), Zinc: 0.35mg (2.35%), Iron: 0.37mg (2.03%), Fiber: 0.42g (1.68%), Copper: 0.03mg (1.57%), Vitamin A: 75.28IU (1.51%), Vitamin B5: 0.15mg (1.48%), Folate: 5.79µg (1.45%), Vitamin B12: 0.08µg (1.25%), Vitamin E: 0.17mg (1.14%)