



Honey-Lime Pork Chops

 Gluten Free  Dairy Free

READY IN



21 min.

SERVINGS



21

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cloves garlic minced
- 0.3 cup grey poupon savory honey mustard
- 2 Tbsp juice of lime
- 1 tsp lime zest grated
- 16 oz center-cut pork chops
- 1 Tbsp soya sauce

Equipment

- grill

Directions

- Preheat grill to medium-high heat.
- Mix mustard, lime zest, lime juice, garlic and soy sauce until well blended.
- Remove 1/2 cup of the mustard mixture; set aside.
- Grill chops 16 minutes or until cooked through, turning and brushing occasionally with the remaining mustard mixture.
- Serve with the reserved 1/2 cup mustard mixture.

Nutrition Facts

PROTEIN 47.68% **FAT 33.79%** **CARBS 18.53%**

Properties

Glycemic Index:3.67, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.5295651869281%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 42.71kcal (2.14%), Fat: 1.5g (2.31%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.83g (0.67%), Sugar: 0.83g (0.93%), Cholesterol: 14.47mg (4.82%), Sodium: 78.09mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Selenium: 7.2µg (10.28%), Vitamin B1: 0.15mg (9.7%), Vitamin B3: 1.76mg (8.82%), Vitamin B6: 0.16mg (8.13%), Phosphorus: 50.58mg (5.06%), Vitamin B2: 0.04mg (2.46%), Potassium: 85.3mg (2.44%), Zinc: 0.34mg (2.29%), Vitamin B12: 0.11µg (1.91%), Vitamin B5: 0.16mg (1.64%), Magnesium: 6.15mg (1.54%)