



Juicy Pork Chops

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

READY IN



735 min.

SERVINGS



4

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons garlic jarred minced
- 1 teaspoon pepper black
- 1 pound pork chops boneless ()
- 0.5 cup soya sauce

Equipment

- frying pan
- oven
- broiler

Directions

- In a large resealable bag, mix together the soy sauce, minced garlic, and pepper.
- Place the pork chops into the bag, squeeze out most of the air, seal, and marinate for 12 hours in the refrigerator. Turn the bag over about halfway through.
- Preheat the oven's broiler.
- Place the pork chops onto a broiling pan. Broil for 5 minutes per side, or to your desired doneness. Time will be different depending on the thickness of your chops.

Nutrition Facts

 **PROTEIN 56.83%**  **FAT 36.51%**  **CARBS 6.66%**

Properties

Glycemic Index:19.25, Glycemic Load:0.64, Inflammation Score:-2, Nutrition Score:15.11826076067%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 200.38kcal (10.02%), Fat: 7.94g (12.21%), Saturated Fat: 2.79g (17.45%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 2.82g (1.02%), Sugar: 0.54g (0.6%), Cholesterol: 75.98mg (25.33%), Sodium: 1675.15mg (72.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.79g (55.58%), Selenium: 38.36µg (54.8%), Vitamin B1: 0.78mg (52.13%), Vitamin B3: 10.24mg (51.19%), Vitamin B6: 0.93mg (46.62%), Phosphorus: 300.89mg (30.09%), Vitamin B2: 0.26mg (15.25%), Potassium: 507.14mg (14.49%), Manganese: 0.28mg (14.16%), Zinc: 1.93mg (12.9%), Magnesium: 42.94mg (10.73%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.96mg (9.64%), Iron: 1.37mg (7.63%), Copper: 0.12mg (6.06%), Vitamin D: 0.45µg (3.02%), Calcium: 23.19mg (2.32%), Fiber: 0.44g (1.77%), Vitamin C: 1.25mg (1.51%), Folate: 5.43µg (1.36%), Vitamin E: 0.16mg (1.04%)