



Lemon-Tarragon Grilled Pork Chops



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup tarragon fresh chopped
- ☐ 2 tablespoons kosher salt
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 24 ounce center-cut pork chops bone-in (1/)
- ☐ 2 tablespoons sugar
- ☐ 0.8 cup water

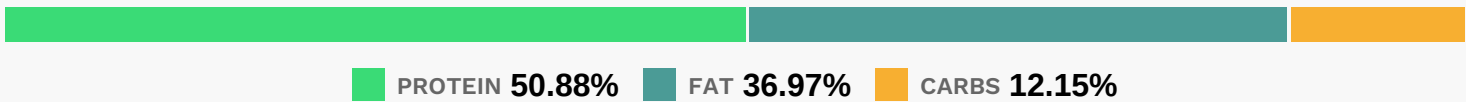
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 3 ingredients in a bowl, stirring with a whisk until sugar and salt dissolve.
- ☐ Pour water mixture into a large zip-top plastic bag.
- ☐ Add tarragon, rind, juice, and pork to bag; seal. Marinate in refrigerator 2 hours, turning bag occasionally.
- ☐ Prepare grill.
- ☐ Remove pork from bag; discard marinade.
- ☐ Sprinkle pork evenly with pepper.
- ☐ Place pork on a grill rack coated with cooking spray. Grill 3 minutes on each side or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:43.02, Glycemic Load:5.16, Inflammation Score:-4, Nutrition Score:21.690000075361%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 300.53kcal (15.03%), Fat: 12.1g (18.62%), Saturated Fat: 4.24g (26.47%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 8.48g (3.08%), Sugar: 6.44g (7.15%), Cholesterol: 113.97mg (37.99%), Sodium: 3574.39mg (155.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.47g (74.94%), Selenium: 56.52µg (80.74%),

Vitamin B1: 1.15mg (76.48%), Vitamin B3: 13.89mg (69.47%), Vitamin B6: 1.32mg (66.08%), Phosphorus: 395.99mg (39.6%), Potassium: 751.33mg (21.47%), Vitamin B2: 0.36mg (21.31%), Zinc: 2.79mg (18.58%), Vitamin B12: 0.9µg (15.03%), Manganese: 0.29mg (14.64%), Magnesium: 57.17mg (14.29%), Vitamin B5: 1.26mg (12.63%), Vitamin C: 9.43mg (11.43%), Iron: 1.95mg (10.83%), Copper: 0.13mg (6.63%), Calcium: 55.24mg (5.52%), Vitamin D: 0.68µg (4.54%), Folate: 12µg (3%), Vitamin A: 143.03IU (2.86%), Fiber: 0.47g (1.89%), Vitamin E: 0.25mg (1.66%)