



Lime-Glazed Pork Chops

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup orange marmalade
- 1 jalapeno seeded finely chopped
- 2 tablespoons juice of lime
- 1 teaspoon ginger fresh grated
- 32 ounces pork loin chops bone-in
- 4 teaspoons cilantro leaves fresh minced
- 1 serving lime wedges

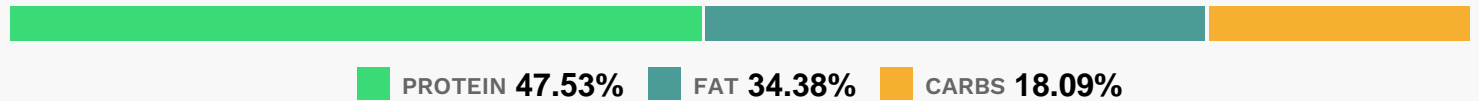
Equipment

- sauce pan
- grill
- kitchen thermometer

Directions

- For glaze, in a small saucepan, combine marmalade, jalapeno, lime juice and ginger; cook and stir over medium heat 4–6 minutes or until marmalade is melted.
- Grill chops, covered, on an oiled rack over medium heat or broil 4 in. from heat until a thermometer reads 145°, 6–8 minutes on each side, brushing with glaze during the last 5 minutes.
- Let stand 5 minutes.
- Sprinkle with cilantro; serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:25.825652368691%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 420.52kcal (21.03%), Fat: 15.76g (24.25%), Saturated Fat: 5.56g (34.76%), Carbohydrates: 18.66g (6.22%), Net Carbohydrates: 18.32g (6.66%), Sugar: 16.28g (18.09%), Cholesterol: 151.95mg (50.65%), Sodium: 124.17mg (5.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.03g (98.06%), Selenium: 75.26µg (107.51%), Vitamin B1: 1.52mg (101.17%), Vitamin B3: 18.19mg (90.96%), Vitamin B6: 1.67mg (83.51%), Phosphorus: 515.85mg (51.58%), Vitamin B2: 0.43mg (25.31%), Potassium: 876.12mg (25.03%), Zinc: 3.54mg (23.6%), Vitamin B12: 1.2µg (20.03%), Vitamin B5: 1.68mg (16.75%), Magnesium: 60.88mg (15.22%), Vitamin C: 7.81mg (9.46%), Copper: 0.16mg (7.81%), Iron: 1.2mg (6.64%), Vitamin D: 0.91µg (6.05%), Vitamin E: 0.46mg (3.05%), Calcium: 27.71mg (2.77%), Vitamin A: 73.96IU (1.48%), Manganese: 0.03mg (1.38%), Fiber: 0.33g (1.34%), Folate: 4.23µg (1.06%)