



Mango-Black Pepper Glazed Grilled Pork Chops



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon peppercorns whole black
- ☐ 1 large mangos pureed peeled
- ☐ 4 servings olive oil
- ☐ 4 pork chops
- ☐ 0.5 cup red wine vinegar
- ☐ 4 servings salt
- ☐ 0.3 cup sugar

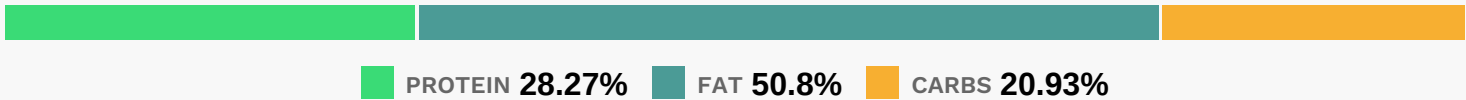
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Place vinegar, sugar and peppercorns in a saucepan and reduce until thickened, strain into a bowl whisk in mango puree and let cool. Preheat grill.
- ☐ Brush pork chops with olive oil on both sides and season with salt. Grill for 5 minutes on each side for medium doneness.
- ☐ Remove and brush liberally with the glaze.

Nutrition Facts



Properties

Glycemic Index:38.46, Glycemic Load:12.62, Inflammation Score:-6, Nutrition Score:20.229565008827%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 422.59kcal (21.13%), Fat: 23.62g (36.33%), Saturated Fat: 5.3g (33.11%), Carbohydrates: 21.89g (7.3%), Net Carbohydrates: 20.43g (7.43%), Sugar: 19.58g (21.76%), Cholesterol: 89.78mg (29.93%), Sodium: 261.92mg (11.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.57g (59.15%), Selenium: 44.86µg (64.09%), Vitamin B1: 0.91mg (60.73%), Vitamin B3: 11.08mg (55.39%), Vitamin B6: 1.04mg (52.08%), Phosphorus: 316.42mg (31.64%), Vitamin C: 18.99mg (23.01%), Manganese: 0.38mg (18.78%), Potassium: 632.07mg (18.06%), Vitamin E: 2.68mg (17.88%), Vitamin B2: 0.27mg (16.14%), Zinc: 2.16mg (14.43%), Vitamin K: 14.69µg (13.99%), Vitamin B12: 0.71µg

(11.84%), Vitamin A: 578.97IU (11.58%), Magnesium: 45.49mg (11.37%), Vitamin B5: 1.11mg (11.11%), Copper: 0.17mg (8.49%), Iron: 1.22mg (6.76%), Fiber: 1.46g (5.84%), Folate: 22.68µg (5.67%), Vitamin D: 0.54µg (3.57%), Calcium: 28.33mg (2.83%)