



## Marinated Spicy Pork Chops

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

READY IN



**390 min.**

SERVINGS



**8**

CALORIES



**230 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon brown sugar
- 1 tablespoon chili sauce
- 0.3 teaspoon garlic powder
- 0.3 cup juice of lemon fresh
- 8 center cut pork chops
- 0.8 cup soya sauce

### Equipment

- grill

# Directions

- In a large resealable bag, mix together the soy sauce, lemon juice, brown sugar, chili sauce, and garlic powder..
- Place the pork chops into the bag, carefully seal the bag, and marinate for 6–12 hours in the refrigerator. Turn the bag over about halfway through.
- Preheat an outdoor grill for high heat.
- Arrange pork chops on the lightly oiled grate, and cook 5 to 7 minutes on each side, until the internal temperature reaches 145 degrees F (63 degrees C).

# Nutrition Facts

**PROTEIN 55.88%** **FAT 37.6%** **CARBS 6.52%**

## Properties

Glycemic Index:2.5, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:16.509130435145%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 230.16kcal (11.51%), Fat: 9.35g (14.38%), Saturated Fat: 3.29g (20.56%), Carbohydrates: 3.65g (1.22%), Net Carbohydrates: 3.4g (1.24%), Sugar: 2.27g (2.52%), Cholesterol: 89.78mg (29.93%), Sodium: 1304.95mg (56.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.25g (62.51%), Selenium: 44.6µg (63.71%), Vitamin B1: 0.91mg (60.7%), Vitamin B3: 11.6mg (58.01%), Vitamin B6: 1.02mg (51.25%), Phosphorus: 333.15mg (33.31%), Vitamin B2: 0.28mg (16.68%), Potassium: 563.83mg (16.11%), Zinc: 2.18mg (14.54%), Vitamin B12: 0.71µg (11.84%), Magnesium: 44.43mg (11.11%), Vitamin B5: 1.07mg (10.69%), Iron: 1.22mg (6.8%), Manganese: 0.12mg (6.04%), Copper: 0.11mg (5.46%), Vitamin C: 3.25mg (3.94%), Vitamin D: 0.54µg (3.57%), Calcium: 15.88mg (1.59%), Vitamin E: 0.22mg (1.48%), Folate: 5.67µg (1.42%)