



Mediterranean Pork Chops

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons curry powder
- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 1.5 tablespoons hoisin sauce
- ☐ 16 ounce center-cut pork loin chops boneless trimmed (1/)
- ☐ 2 teaspoons sugar
- ☐ 8 ounce carton yogurt plain fat-free

Equipment

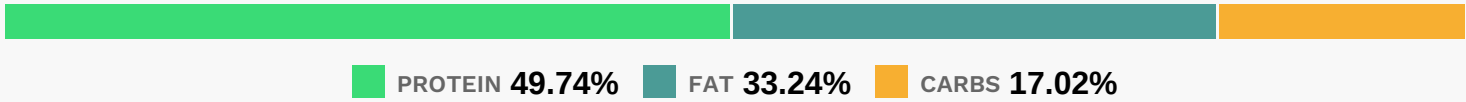
- ☐ bowl

☐ grill

Directions

- ☐ Combine mint and sugar in a small bowl, pressing mint into sugar with back of a spoon until blended. Stir in yogurt. Set aside.
- ☐ Combine hoisin sauce and curry powder, stirring well; spread evenly on both sides of pork.
- ☐ Prepare grill.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place pork on rack; grill, covered, 5 minutes or until done, turning once.
- ☐ Serve pork with yogurt mixture.

Nutrition Facts



Properties

Glycemic Index:18.77, Glycemic Load:1.41, Inflammation Score:-2, Nutrition Score:15.873043520295%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 231.7kcal (11.59%), Fat: 8.32g (12.8%), Saturated Fat: 2.9g (18.13%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 9.08g (3.3%), Sugar: 8.02g (8.91%), Cholesterol: 77.29mg (25.76%), Sodium: 195.84mg (8.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.01g (56.03%), Selenium: 39.87µg (56.95%), Vitamin B1: 0.79mg (52.43%), Vitamin B3: 9.23mg (46.17%), Vitamin B6: 0.87mg (43.43%), Phosphorus: 351.1mg (35.11%), Vitamin B2: 0.36mg (21.11%), Potassium: 590.45mg (16.87%), Zinc: 2.37mg (15.79%), Vitamin B12: 0.95µg (15.78%), Calcium: 127.61mg (12.76%), Vitamin B5: 1.19mg (11.92%), Magnesium: 44.28mg (11.07%), Iron: 0.98mg (5.43%), Copper: 0.09mg (4.41%), Manganese: 0.07mg (3.48%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.38mg (2.56%), Folate: 9.78µg (2.45%), Fiber: 0.5g (2.02%), Vitamin K: 1.14µg (1.09%)