



Mesquite Grilled Pork Chops with Sweet Onion

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.1 oz korean marinade for the grill
- ☐ 0.7 cup water
- ☐ 2 tablespoons vegetable oil
- ☐ 4 pork chops boneless bone-in (1/)
- ☐ 1 large onion sweet cut into 1/4-inch-thick slices

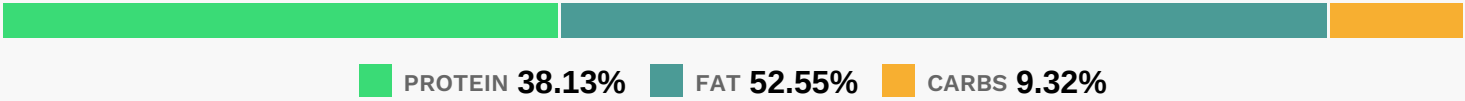
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ In large shallow dish or resealable food-storage plastic bag, mix marinade mix, water and oil.
- ☐ Add pork chops and onion; turn to coat. Cover dish or seal bag; refrigerate 30 minutes to marinate.
- ☐ Heat gas or charcoal grill.
- ☐ When grill is heated, remove pork and onion from marinade; reserve marinade.
- ☐ Place pork and onion on gas grill over medium heat or on charcoal grill over medium coals; cover grill. Cook 10 to 15 minutes, turning once and brushing frequently with marinade, until pork is no longer pink in center. Discard any remaining marinade.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:19.92260864377%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

Nutrients (% of daily need)

Calories: 387.73kcal (19.39%), Fat: 22.17g (34.11%), Saturated Fat: 6.11g (38.19%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 8.1g (2.95%), Sugar: 6.32g (7.02%), Cholesterol: 116.96mg (38.99%), Sodium: 249.08mg (10.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.2g (72.4%), Selenium: 57.7µg (82.44%), Vitamin B6: 1.29mg (64.45%), Vitamin B1: 0.86mg (57.07%), Vitamin B3: 11.33mg (56.65%), Phosphorus: 376.6mg (37.66%), Zinc: 3.11mg (20.74%), Vitamin B2: 0.34mg (19.82%), Potassium: 684.19mg (19.55%), Vitamin B12: 0.9µg (14.97%), Vitamin B5: 1.27mg (12.74%), Magnesium: 50.22mg (12.55%), Vitamin K: 12.75µg (12.15%), Copper: 0.16mg (7.97%), Iron: 1.28mg (7.14%), Vitamin D: 0.85µg (5.65%), Vitamin E: 0.78mg (5.17%), Calcium: 49.94mg (4.99%), Vitamin C: 3.97mg (4.81%), Folate: 19.03µg (4.76%), Manganese: 0.07mg (3.74%), Fiber: 0.74g (2.98%)