



Pan-Grilled Pork Chops with Grilled Pineapple Salsa

 Gluten Free  Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon jalapeno minced
- ☐ 1 tablespoon juice of lime fresh divided
- ☐ 2 inch pineapple
- ☐ 16 ounce center-cut loin pork chops boneless (1/)
- ☐ 1 medium onion red cut into 1/2-inch-thick slices
- ☐ 0.4 teaspoon salt divided

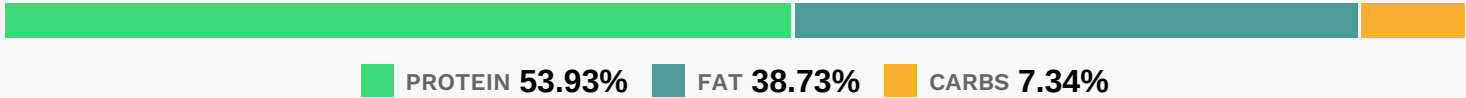
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Combine pork and 1 tablespoon juice; let stand 10 minutes.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add pineapple and onion; cook 4 minutes on each side or until onion is tender. Coarsely chop pineapple and onion; combine in a medium bowl with remaining 2 teaspoons lime juice, jalapeo, and 1/8 teaspoon salt.
- ☐ Sprinkle pork with 1/2 teaspoon salt and 1/4 teaspoon freshly ground black pepper.
- ☐ Heat grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork; cook 4 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:37.42, Glycemic Load:0.71, Inflammation Score:-3, Nutrition Score:13.989565066669%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 189.74kcal (9.49%), Fat: 7.92g (12.18%), Saturated Fat: 2.8g (17.47%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 2.74g (1%), Sugar: 1.51g (1.68%), Cholesterol: 75.98mg (25.33%), Sodium: 273.77mg (11.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.81g (49.62%), Selenium: 37.7µg (53.86%), Vitamin B1: 0.77mg (51.51%),

Vitamin B3: 9.15mg (45.76%), Vitamin B6: 0.88mg (43.76%), Phosphorus: 266.05mg (26.61%), Potassium: 479.9mg (13.71%), Vitamin B2: 0.22mg (13%), Zinc: 1.82mg (12.11%), Vitamin B12: 0.6µg (10.02%), Vitamin C: 8.21mg (9.96%), Vitamin B5: 0.88mg (8.79%), Magnesium: 33.47mg (8.37%), Copper: 0.08mg (4.01%), Manganese: 0.08mg (3.8%), Iron: 0.66mg (3.64%), Vitamin D: 0.45µg (3.02%), Fiber: 0.64g (2.55%), Vitamin E: 0.3mg (1.98%), Folate: 6.86µg (1.72%), Calcium: 16.09mg (1.61%)