



## Pomegranate Marinated Pork Chops

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

READY IN



**505 min.**

SERVINGS



**6**

CALORIES



**1327 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 sprigs rosemary fresh finely chopped
- 1 clove garlic sliced
- 0.3 cup olive oil
- 0.1 teaspoon cracked pepper black
- 36 servings pork chops boneless (1/)
- 6 servings salt
- 1 tablespoon pomegranate-infused red wine vinegar

### Equipment

- bowl
- whisk
- plastic wrap
- grill
- kitchen thermometer

## Directions

- Whisk olive oil, vinegar, rosemary, garlic, and black pepper together in a large glass or ceramic bowl.
- Add the pork chops and toss to evenly coat. Cover the bowl with plastic wrap and marinate in the refrigerator for 8 hours or overnight.
- Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- Remove pork chops from marinade, discard marinade, and season pork chops with salt.
- Cook the pork chops on the preheated grill until no longer pink in the center, 7 to 10 minutes per side. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).
- Let chops rest for 3 to 5 minutes before serving.

## Nutrition Facts

**PROTEIN 54.27%** **FAT 45.66%** **CARBS 0.07%**

## Properties

Glycemic Index:10.33, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:45.062608606304%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 1327.15kcal (66.36%), Fat: 64.8g (99.7%), Saturated Fat: 20.94g (130.89%), Carbohydrates: 0.21g (0.07%), Net Carbohydrates: 0.18g (0.07%), Sugar: 0.01g (0.01%), Cholesterol: 538.68mg (179.56%), Sodium: 580.2mg (25.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 173.3g (346.6%), Selenium: 266.2µg (380.28%),

Vitamin B1: 5.36mg (357.58%), Vitamin B3: 64.23mg (321.14%), Vitamin B6: 5.84mg (292.18%), Phosphorus: 1818.1mg (181.81%), Vitamin B2: 1.49mg (87.54%), Potassium: 3002.92mg (85.8%), Zinc: 12.47mg (83.13%), Vitamin B12: 4.26µg (71.02%), Vitamin B5: 5.85mg (58.49%), Magnesium: 209.39mg (52.35%), Iron: 4.1mg (22.77%), Copper: 0.45mg (22.64%), Vitamin D: 3.22µg (21.44%), Vitamin E: 2.34mg (15.61%), Calcium: 57.89mg (5.79%), Vitamin K: 5.49µg (5.23%), Manganese: 0.07mg (3.6%)