



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

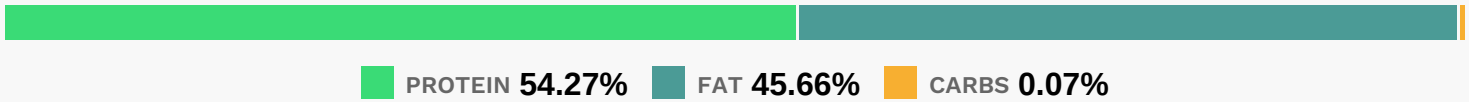
Equipment

- ☐ 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



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: Og (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%)