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health-score 52%

HEALTH SCORE

Pomegranate Marinated Pork Chops

☒ Gluten Free ☒ Dairy Free

READY IN

ready

505 min.

SERVINGS

servings

6

CALORIES

calories

1371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup barbecue sauce
- ☐ 4.5 inch pork chops bone-in thick
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon cornstarch
- ☐ 1 teaspoon garlic dried minced
- ☐ 4 teaspoons onion dried minced
- ☐ 3 sprigs rosemary fresh finely chopped

- ☐ 1 clove garlic sliced
- ☐ 2 teaspoons ground cumin
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon paprika
- ☐ 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 52.7% FAT 44.42% CARBS 2.88%

Properties

Glycemic Index:20.67, Glycemic Load:0.09, Inflammation Score:-8, Nutrition Score:46.975652202316%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1370.99kcal (68.55%), Fat: 65.32g (100.49%), Saturated Fat: 21.04g (131.49%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 8.69g (3.16%), Sugar: 5.4g (6%), Cholesterol: 539.99mg (180%), Sodium: 711.82mg (30.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 174.4g (348.8%), Selenium: 267.42µg (382.03%), Vitamin B1: 5.4mg (360.11%), Vitamin B3: 64.57mg (322.84%), Vitamin B6: 5.95mg (297.31%), Phosphorus: 1842.28mg (184.23%), Potassium: 3127.52mg (89.36%), Vitamin B2: 1.51mg (88.95%), Zinc: 12.66mg (84.43%), Vitamin B12: 4.27µg (71.19%), Vitamin B5: 5.95mg (59.46%), Magnesium: 218.94mg (54.74%), Iron: 4.88mg (27.09%), Copper: 0.49mg (24.58%), Vitamin D: 3.23µg (21.5%), Vitamin E: 2.71mg (18.06%), Manganese: 0.18mg (8.95%), Calcium: 81.8mg (8.18%), Vitamin K: 7.46µg (7.11%), Vitamin C: 4.78mg (5.79%), Vitamin A: 288.49IU (5.77%), Fiber: 0.84g (3.35%), Folate: 7.73µg (1.93%)