



Pork Chop Grill with Corn-Pepper Relish

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 lb pork chops bone-in
- 1 cup cucumbers chopped
- 0.8 cup dressing italian divided kraft
- 1 medium bell pepper red chopped
- 10 oz kernel corn whole drained canned

Equipment

- grill

Directions

- Preheat grill to medium-high.
- Place chops on greased grill.
- Grill 12 to 15 min. or until cooked through (160F), turning every 4 min. and brushing with 1/2 cup of the dressing. Meanwhile, mix corn, pepper, cucumber and remaining 1/4 cup dressing.
- Serve chops topped with the corn mixture.

Nutrition Facts

PROTEIN 33.26% **FAT 51.58%** **CARBS 15.16%**

Properties

Glycemic Index:1.88, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:3.9873912852743%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 73.45kcal (3.67%), Fat: 4.13g (6.35%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 2.73g (0.91%), Net Carbohydrates: 2.59g (0.94%), Sugar: 1.03g (1.15%), Cholesterol: 18.78mg (6.26%), Sodium: 103.76mg (4.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.98%), Selenium: 9.35µg (13.36%), Vitamin B6: 0.21mg (10.54%), Vitamin B3: 1.95mg (9.74%), Vitamin B1: 0.14mg (9.29%), Vitamin C: 6.48mg (7.86%), Phosphorus: 64.94mg (6.49%), Vitamin K: 4.56µg (4.35%), Potassium: 129.7mg (3.71%), Zinc: 0.54mg (3.6%), Vitamin B2: 0.06mg (3.44%), Vitamin A: 157.04IU (3.14%), Magnesium: 9.61mg (2.4%), Vitamin B12: 0.14µg (2.4%), Vitamin B5: 0.22mg (2.19%), Vitamin E: 0.26mg (1.76%), Folate: 6.22µg (1.56%), Iron: 0.25mg (1.37%), Copper: 0.03mg (1.33%)