



## Pork Chops Oreganata

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

READY IN



45 min.

SERVINGS



4

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 garlic clove minced
- 0.5 teaspoon kosher salt
- 2 tablespoons juice of lemon fresh
- 2 teaspoons lemon zest grated
- 1 tablespoon olive oil extra virgin extra-virgin
- 1 teaspoon oregano fresh chopped
- 16 ounce pork chops boneless

## Equipment

- baking pan
- broiler
- broiler pan

## Directions

- Combine first 5 ingredients in an 11 x 7inch baking dish.
- Add pork, turning to coat.
- Let stand 30 minutes, turning pork occasionally.
- Preheat broiler.
- Remove pork from baking dish; discard marinade.
- Sprinkle pork evenly with salt and pepper.
- Place pork on a broiler pan coated with cooking spray. Broil 4 minutes on each side or until done.

## Nutrition Facts

 **PROTEIN 47.24%**  **FAT 49.22%**  **CARBS 3.54%**

## Properties

Glycemic Index:16.75, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:13.969130337238%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 213.82kcal (10.69%), Fat: 11.43g (17.58%), Saturated Fat: 3.28g (20.48%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.27g (0.3%), Cholesterol: 75.98mg (25.33%), Sodium: 345.85mg (15.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.68g (49.36%), Selenium: 37.9µg (54.14%), Vitamin

B1: 0.76mg (50.95%), Vitamin B3: 9.11mg (45.55%), Vitamin B6: 0.86mg (43.1%), Phosphorus: 261.38mg (26.14%), Potassium: 449.38mg (12.84%), Vitamin B2: 0.22mg (12.77%), Zinc: 1.81mg (12.04%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.86mg (8.57%), Magnesium: 32.22mg (8.05%), Vitamin C: 4.91mg (5.95%), Vitamin K: 5.46µg (5.2%), Vitamin E: 0.76mg (5.06%), Iron: 0.84mg (4.65%), Manganese: 0.09mg (4.4%), Copper: 0.08mg (3.87%), Vitamin D: 0.45µg (3.02%), Calcium: 22.55mg (2.26%), Fiber: 0.42g (1.68%)