

# Pork Chops with Dill Pickle Marinade

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



501 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer)
- 4 pork chops
- 4 servings salt and pepper to taste

## Equipment

- grill

## Directions

- Arrange pork chops in a shallow dish. Cover with pickle juice. Marinate in refrigerator for 8 to 24 hours.
- Preheat an outdoor grill for medium-high heat, and lightly oil grate.
- Drain, and discard marinade. Season pork chops with salt and pepper. Grill for 6 to 8 minutes per side, or until meat is no longer pink.

## Nutrition Facts

**PROTEIN 53.45%** **FAT 38.73%** **CARBS 7.82%**

### Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:14.876521791453%

### Nutrients (% of daily need)

Calories: 224.56kcal (11.23%), Fat: 9.3g (14.31%), Saturated Fat: 3.28g (20.52%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 4.22g (1.54%), Sugar: 0g (0%), Cholesterol: 89.78mg (29.93%), Sodium: 1145.32mg (49.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.88g (57.75%), Selenium: 44.35µg (63.36%), Vitamin B1: 0.89mg (59.59%), Vitamin B3: 10.7mg (53.52%), Vitamin B6: 0.97mg (48.64%), Phosphorus: 302.84mg (30.28%), Vitamin B2: 0.25mg (14.58%), Potassium: 499.86mg (14.28%), Zinc: 2.08mg (13.85%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 0.97mg (9.74%), Magnesium: 34.85mg (8.71%), Copper: 0.08mg (3.76%), Iron: 0.67mg (3.73%), Vitamin D: 0.54µg (3.57%), Vitamin E: 0.17mg (1.16%)