



Pork Chops with Mango-Tequila Salsa



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons jalapeño pepper jelly melted
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.1 teaspoon pepper
- ☐ 16 ounce boned center-cut loin pork chops lean (1/)
- ☐ 4 servings mango-tequila salsa
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons tequila

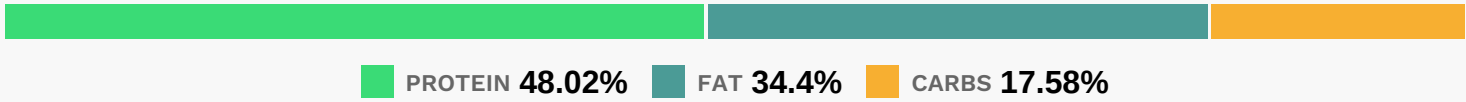
Equipment

- ☐ grill
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine first 6 ingredients in a large zip-top plastic bag. Seal bag; marinate in refrigerator 8 hours, turning bag occasionally.
- ☐ Remove pork from bag, reserving marinade.
- ☐ Prepare grill or broiler.
- ☐ Place pork on grill rack or broiler pan coated with cooking spray; cook 7 minutes on each side or until pork is done, basting occasionally with reserved marinade.
- ☐ Serve with Mango-Tequila Salsa.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:14.104347882063%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 228.87kcal (11.44%), Fat: 7.94g (12.21%), Saturated Fat: 2.79g (17.42%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 8.51g (3.09%), Sugar: 6.95g (7.72%), Cholesterol: 75.98mg (25.33%), Sodium: 413.4mg (17.97%), Alcohol: 2.51g (100%), Alcohol %: 1.85% (100%), Protein: 24.94g (49.87%), Selenium: 37.83µg (54.05%), Vitamin B1: 0.77mg (51.33%), Vitamin B3: 9.43mg (47.14%), Vitamin B6: 0.88mg (44.13%), Phosphorus: 267.97mg (26.8%), Potassium: 515.32mg (14.72%), Vitamin B2: 0.22mg (13.03%), Zinc: 1.83mg (12.21%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.9mg (8.99%), Magnesium: 34.99mg (8.75%), Vitamin A: 230.48IU (4.61%), Vitamin C: 3.68mg (4.46%), Copper: 0.09mg (4.44%), Iron: 0.72mg (3.99%), Vitamin E: 0.56mg (3.7%), Vitamin D: 0.45µg (3.02%), Manganese: 0.06mg (2.76%), Fiber: 0.62g (2.49%), Calcium: 18.31mg (1.83%), Vitamin K: 1.49µg (1.42%)