



Pork Chops with Orange-Olive Relish



Gluten Free



Dairy Free

READY IN



48 min.

SERVINGS



6

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup cooking wine dry white
- ☐ 1.5 teaspoons garlic minced
- ☐ 1 tablespoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup juice of lime fresh (2 limes)
- ☐ 6 servings orange-olive relish

- ☐ 1 cup orange juice fresh ()
- ☐ 24 ounce center-cut loin pork chops boneless thick trimmed ()
- ☐ 0.5 teaspoon salt

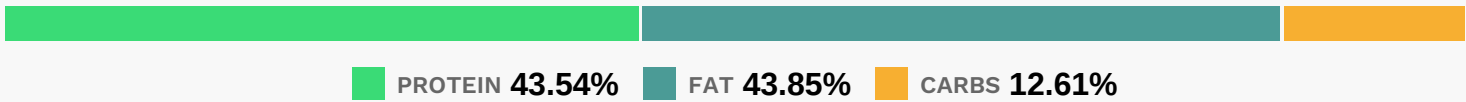
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 9 ingredients in a large zip-top plastic bag.
- ☐ Add pork to bag; seal. Marinate in refrigerator 8 hours, turning bag occasionally. Discard marinade.
- ☐ Prepare grill.
- ☐ Remove pork from bag.
- ☐ Place pork on grill rack coated with cooking spray; cover and grill 10 minutes on each side or until pork is no longer pink.
- ☐ Serve with Orange-Olive Relish.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:2.38, Inflammation Score:-5, Nutrition Score:16.379130516363%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 5.92mg, Hesperetin: 5.92mg, Hesperetin: 5.92mg, Hesperetin: 5.92mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 249.02kcal (12.45%), Fat: 11.34g (17.45%), Saturated Fat: 3.22g (20.12%), Carbohydrates: 7.34g (2.45%), Net Carbohydrates: 6.29g (2.29%), Sugar: 4.01g (4.46%), Cholesterol: 75.98mg (25.33%), Sodium: 591.17mg (25.7%), Alcohol: 2.06g (100%), Alcohol %: 1.25% (100%), Protein: 25.33g (50.67%), Selenium: 38.8µg (55.43%), Vitamin B1: 0.81mg (54.27%), Vitamin B3: 9.38mg (46.88%), Vitamin B6: 0.88mg (43.82%), Vitamin C: 24.04mg (29.14%), Phosphorus: 278.21mg (27.82%), Potassium: 566.66mg (16.19%), Vitamin B2: 0.23mg (13.79%), Zinc: 1.89mg (12.62%), Magnesium: 44.3mg (11.07%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.94mg (9.42%), Iron: 1.54mg (8.55%), Vitamin E: 1mg (6.69%), Copper: 0.12mg (6.17%), Manganese: 0.11mg (5.36%), Fiber: 1.04g (4.17%), Vitamin A: 203.18IU (4.06%), Calcium: 38.89mg (3.89%), Folate: 14.56µg (3.64%), Vitamin D: 0.45µg (3.02%)