



## Rosemary Pork Chops



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 3 garlic cloves
- ☐ 4 servings accompaniment: lemon wedges
- ☐ 3 tablespoons olive oil
- ☐ 2 teaspoons rosemary coarsely chopped

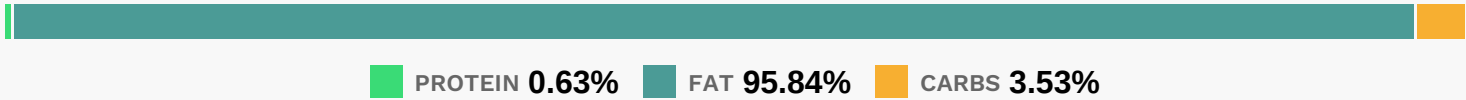
## Equipment

- ☐ broiler
- ☐ broiler pan

# Directions

- ☐ Preheat broiler.
- ☐ Mince and mash garlic to a paste with a pinch of salt, then stir together with rosemary, oil, 3/4 teaspoon salt, and 1/2 teaspoon pepper. Rub mixture all over chops.
- ☐ Broil chops on a broiler pan about 4 inches from heat, turning once, until just cooked through, about 8 minutes total.
- ☐ Let stand 5 minutes.
- ☐ Nutrition Data

## Nutrition Facts



## Properties

Glycemic Index:31.38, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:1.1052174066072%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 96.63kcal (4.83%), Fat: 10.52g (16.19%), Saturated Fat: 1.46g (9.09%), Carbohydrates: 0.87g (0.29%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.05g (0.05%), Cholesterol: 0mg (0%), Sodium: 0.64mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.31%), Vitamin E: 1.52mg (10.1%), Vitamin K: 6.36µg (6.06%), Manganese: 0.04mg (1.94%), Vitamin C: 1.26mg (1.53%), Vitamin B6: 0.03mg (1.48%)