



Rosemary Pork Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons bottled garlic minced
- ☐ 1.5 teaspoons rosemary fresh chopped
- ☐ 16 ounce center-cut loin pork chops boneless (1/)
- ☐ 0.5 teaspoon salt

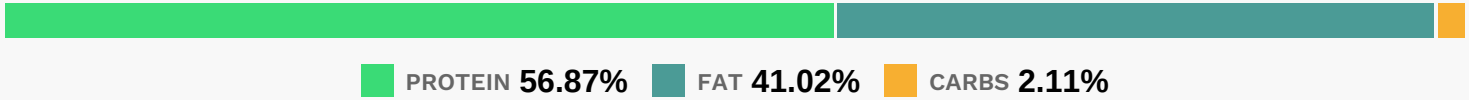
Equipment

- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine first 4 ingredients. Rub the mixture over both sides of pork chops.
- ☐ Place the pork chops on a broiler pan coated with cooking spray; broil 3 minutes on each side or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:13.022174050546%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 179.85kcal (8.99%), Fat: 7.89g (12.14%), Saturated Fat: 2.78g (17.4%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.03g (0.03%), Cholesterol: 75.98mg (25.33%), Sodium: 345.58mg (15.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.61g (49.22%), Selenium: 37.9µg (54.14%), Vitamin B1: 0.76mg (50.77%), Vitamin B3: 9.08mg (45.39%), Vitamin B6: 0.85mg (42.74%), Phosphorus: 260.33mg (26.03%), Vitamin B2: 0.21mg (12.52%), Potassium: 434.97mg (12.43%), Zinc: 1.79mg (11.93%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.84mg (8.41%), Magnesium: 30.36mg (7.59%), Copper: 0.07mg (3.65%), Iron: 0.63mg (3.48%), Manganese: 0.07mg (3.34%), Vitamin D: 0.45µg (3.02%), Calcium: 13.32mg (1.33%)