



WHATSheATE



Southwestern Grilled Pork Chops with Peach Salsa



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons brown sugar packed
- ☐ 1 tablespoon chili powder
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.3 teaspoon jalapeno finely chopped
- ☐ 2 teaspoons juice of lime fresh
- ☐ 1.5 cups peaches ripe peeled chopped
- ☐ 16 oz pork loin chops bone-in

- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 2 tablespoons onion red finely chopped

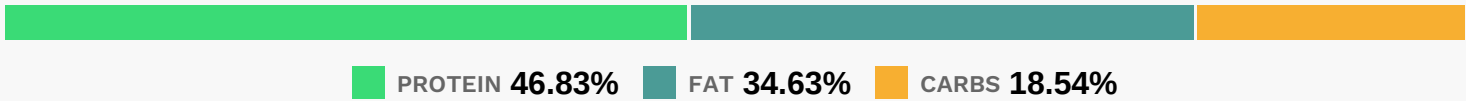
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In medium bowl, mix peaches, bell pepper, onion, cilantro, brown sugar, lime juice and chile; set aside.
- ☐ Rub chili powder on both sides of each pork chop.
- ☐ Place pork on grill over medium heat. Cover grill; cook 6 to 9 minutes, turning once, until pork is no longer pink in center.
- ☐ Serve pork chops topped with salsa, or serve salsa on the side.

Nutrition Facts



Properties

Glycemic Index:40.81, Glycemic Load:2.22, Inflammation Score:-7, Nutrition Score:17.130869575169%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 218.42kcal (10.92%), Fat: 8.35g (12.84%), Saturated Fat: 2.85g (17.79%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 8.19g (2.98%), Sugar: 7.59g (8.43%), Cholesterol: 75.98mg (25.33%), Sodium: 95.98mg (4.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.4g (50.79%), Selenium: 39.22µg (56.03%), Vitamin B1: 0.78mg (52.22%), Vitamin B3: 9.86mg (49.32%), Vitamin B6: 0.92mg (45.8%), Phosphorus: 279.42mg (27.94%), Vitamin A: 1088.84IU (21.78%), Vitamin C: 15.82mg (19.17%), Potassium: 566.26mg (16.18%), Vitamin B2: 0.26mg (15.09%), Zinc: 2.01mg (13.41%), Vitamin B12: 0.6µg (10.02%), Vitamin E: 1.5mg (9.99%), Magnesium: 39.15mg (9.79%), Vitamin B5: 0.97mg (9.73%), Fiber: 1.86g (7.46%), Copper: 0.13mg (6.7%), Iron: 1.18mg (6.55%), Manganese: 0.1mg (4.83%), Vitamin K: 4.71µg (4.48%), Vitamin D: 0.45µg (3.02%), Folate: 9.68µg (2.42%), Calcium: 20.76mg (2.08%)