



 **11%**  
HEALTH SCORE

## Soy and Honey Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**372 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pinch pepper black freshly ground to taste
- 0.5 cup honey
- 4 pork chops boneless
- 1 pinch pepper red crushed
- 4 servings salt to taste
- 0.3 cup soya sauce
- 1 large onion sweet sliced

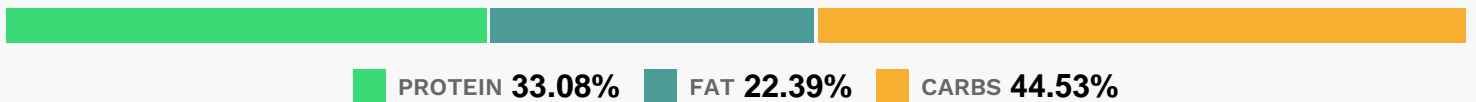
### Equipment

- bowl
- grill
- kitchen thermometer

## Directions

- Preheat an outdoor grill for high heat, and lightly oil the grate.
- Mix honey, soy sauce, crushed red pepper flakes, and black pepper in a bowl.
- Pour about 2 tablespoons of the honey-soy mixture into a small bowl and save for later.
- Brush chops with canola oil on both sides, and sprinkle with salt and black pepper.
- Grill the chops on the hottest part of the grill until lightly charred and crusty, 4 to 5 minutes per side. Move the chops to a cooler area of the grill, and continue to cook, brushing both sides generously with the honey-soy glaze, until chops are no longer pink inside, about 3 to 4 more minutes. The juices should run clear, and an instant-read meat thermometer inserted into the center of a chop should read at least 145 degrees F (63 degrees C).
- While chops are grilling, brush slices of onion with oil, and sprinkle with salt and black pepper. Grill onion slices until they are translucent and browned, 3 to 4 minutes per side. To serve, place chops and onions on warmed plates, and brush the chops with the reserved honey-soy glaze.

## Nutrition Facts



## Properties

Glycemic Index:24.82, Glycemic Load:18.31, Inflammation Score:-5, Nutrition Score:17.844347714082%

## Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

## Nutrients (% of daily need)

Calories: 371.83kcal (18.59%), Fat: 9.38g (14.44%), Saturated Fat: 3.29g (20.53%), Carbohydrates: 42g (14%), Net Carbohydrates: 41.04g (14.92%), Sugar: 39.19g (43.55%), Cholesterol: 89.78mg (29.93%), Sodium: 1076.81mg (46.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.2g (62.39%), Selenium: 45.23µg (64.61%), Vitamin B1: 0.94mg (62.42%), Vitamin B3: 11.44mg (57.21%), Vitamin B6: 1.12mg (56.01%), Phosphorus: 345.84mg (34.58%), Potassium: 651.93mg (18.63%), Vitamin B2: 0.3mg (17.82%), Zinc: 2.34mg (15.61%), Magnesium: 49.02mg (12.26%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.14mg (11.39%), Manganese: 0.18mg (9.13%), Iron: 1.42mg (7.87%), Copper: 0.16mg (7.85%), Folate: 22.5µg (5.63%), Vitamin C: 4.18mg (5.07%), Fiber: 0.96g (3.84%), Vitamin D: 0.54µg (3.57%), Calcium: 31.69mg (3.17%), Vitamin E: 0.2mg (1.34%)