

Summer Grilled Pork Chops

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

READY IN



150 min.

SERVINGS



4

CALORIES



622 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon basil dried
- 1 clove garlic minced
- 4 servings pepper black to taste
- 1.5 cups honey
- 1.5 cups juice of lemon
- 4 pork chops
- 2 tablespoons worcestershire sauce

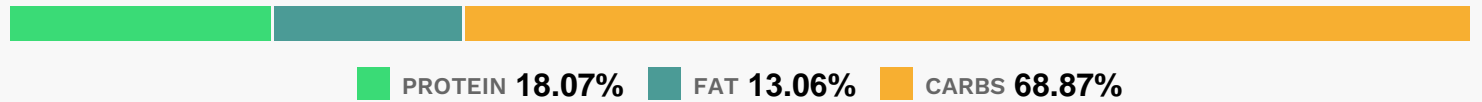
Equipment

- bowl
- grill
- kitchen thermometer

Directions

- Mix the lemon juice, honey, Worcestershire sauce, garlic, and basil together in a bowl.
- Pour about half the marinade into a resealable plastic zipper bag, and place the pork chops in the bag. Squeeze out the air, seal the bag, and refrigerate for at least 2 hours (overnight is best). Refrigerate remaining marinade for basting.
- Preheat an outdoor grill for medium–high heat, and lightly oil the grate.
- Remove the chops from the bag, and discard the used marinade.
- Sprinkle chops with salt and black pepper. Grill the chops until browned and the meat is no longer pink inside, 20 to 25 minutes. Baste frequently with the reserved marinade, being sure to let the mixture cook onto the chops. An instant–read meat thermometer inserted into the center of a chop should read at least 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:28.57, Glycemic Load:54.71, Inflammation Score:-3, Nutrition Score:19.452608590541%

Flavonoids

Eriodictyol: 4.47mg, Eriodictyol: 4.47mg, Eriodictyol: 4.47mg, Eriodictyol: 4.47mg Hesperetin: 13.24mg, Hesperetin: 13.24mg, Hesperetin: 13.24mg, Hesperetin: 13.24mg Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 622.35kcal (31.12%), Fat: 9.53g (14.66%), Saturated Fat: 3.32g (20.77%), Carbohydrates: 113.04g (37.68%), Net Carbohydrates: 112.45g (40.89%), Sugar: 107.53g (119.48%), Cholesterol: 89.78mg (29.93%), Sodium: 181.01mg (7.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.65g (59.3%), Selenium: 45.62µg (65.17%), Vitamin B1: 0.92mg (61.56%), Vitamin B3: 11.01mg (55.05%), Vitamin B6: 1.06mg (52.79%), Vitamin C: 37.39mg (45.32%), Phosphorus: 321.82mg (32.18%), Potassium: 734.15mg (20.98%), Vitamin B2: 0.32mg (18.98%), Zinc: 2.43mg (16.22%), Vitamin B5: 1.19mg (11.87%), Vitamin B12: 0.71µg (11.84%), Magnesium: 44.78mg (11.2%), Iron: 1.81mg

(10.03%), Copper: 0.16mg (7.87%), Manganese: 0.15mg (7.67%), Folate: 21.76µg (5.44%), Vitamin D: 0.54µg (3.57%), Calcium: 34.79mg (3.48%), Fiber: 0.59g (2.37%), Vitamin E: 0.33mg (2.18%), Vitamin K: 1.33µg (1.27%)