



Tangy Grilled Pork Steaks

 Gluten Free  Dairy Free  Low Fod Map

READY IN



80 min.

SERVINGS



20

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tsp pepper red crushed
- 0.5 cup a.1. original sauce
- 1.5 lb pork blade steaks
- 0.3 cup grey poupon spicy brown mustard hearty

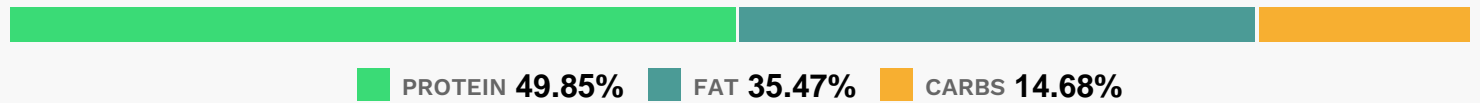
Equipment

- grill

Directions

- Mix first 3 ingredients; pour over steaks in shallow dish. Refrigerate 1 hour to marinate.
- Heat grill to medium-high heat.
- Remove steaks from marinade; discard marinade. Grill steaks 5 to 6 min. on each side or until done (145F).
- Remove steaks from grill.
- Let stand 3 min. before serving.

Nutrition Facts



Properties

Glycemic Index:1.6, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:4.1743478216231%

Nutrients (% of daily need)

Calories: 54.58kcal (2.73%), Fat: 2.08g (3.2%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.73g (0.63%), Sugar: 1.42g (1.58%), Cholesterol: 20.41mg (6.8%), Sodium: 130.61mg (5.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.17%), Selenium: 10.69µg (15.28%), Vitamin B1: 0.2mg (13.08%), Vitamin B6: 0.18mg (9.18%), Vitamin B2: 0.13mg (7.92%), Zinc: 1.17mg (7.81%), Vitamin B3: 1.53mg (7.67%), Phosphorus: 72.68mg (7.27%), Vitamin B5: 0.54mg (5.44%), Vitamin B12: 0.31µg (5.16%), Potassium: 123.89mg (3.54%), Iron: 0.49mg (2.74%), Magnesium: 9.28mg (2.32%), Copper: 0.04mg (1.95%), Vitamin D: 0.2µg (1.36%), Vitamin A: 61.51IU (1.23%), Vitamin E: 0.17mg (1.13%), Manganese: 0.02mg (1.04%)