



Zesty Pork Chops and Grilled Vegetables

 Gluten Free  Dairy Free  Low Fod Map

READY IN



36 min.

SERVINGS



36

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 lb pork chops bone-in
- 1 Tbsp grey poupon dijon mustard
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 2 pasilla peppers red cut lengthwise into wedges
- 2 slices zucchini

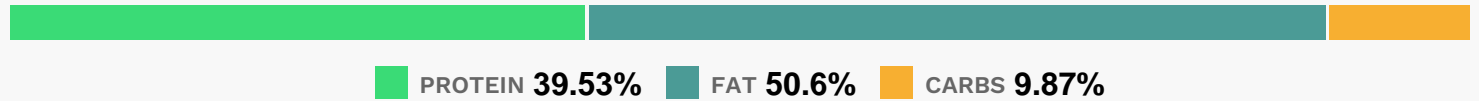
Equipment

- grill

Directions

- Preheat grill to medium heat. Pierce both sides of chops several times with fork; place in shallow dish.
- Combine dressing and mustard.
- Pour half of the dressing mixture over chops; cover dish.
- Refrigerate at least 15 min. to marinate. Set remaining dressing mixture aside for later use.
- Remove chops from marinade; discard marinade.
- Grill chops and vegetables 7 to 8 min. on each side or until chops are cooked through (160F) and vegetables are crisp-tender, brushing occasionally with the reserved dressing mixture.

Nutrition Facts



Properties

Glycemic Index:2.19, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:2.2169565402943%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 26.07kcal (1.3%), Fat: 1.45g (2.23%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 0.64g (0.21%), Net Carbohydrates: 0.47g (0.17%), Sugar: 0.47g (0.53%), Cholesterol: 8.15mg (2.72%), Sodium: 27.59mg (1.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.09%), Vitamin C: 8.57mg (10.39%), Selenium: 4.17µg (5.96%), Vitamin B6: 0.1mg (5.19%), Vitamin B3: 0.85mg (4.27%), Vitamin A: 209.7IU (4.19%), Vitamin B1: 0.06mg (4.15%), Phosphorus: 27.31mg (2.73%), Vitamin B2: 0.03mg (1.69%), Potassium: 57.91mg (1.65%), Zinc: 0.23mg (1.54%), Vitamin K: 1.27µg (1.21%), Vitamin B5: 0.11mg (1.06%), Vitamin E: 0.16mg (1.04%), Vitamin B12: 0.06µg (1.04%), Magnesium: 4.13mg (1.03%)