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Garlic-Miso Pork Chops with Orange Bell Pepper and Arugula

This recipe combines the flavors of garlic, miso, and orange bell pepper to create a delicious and savory pork chop dish. The pork chops are marinated in a garlic-miso sauce, then grilled to perfection. They are served with sautéed orange bell pepper and a bed of fresh arugula. The combination of flavors and textures makes this dish a perfect option for a hearty and satisfying meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	pork chops
4 cloves	garlic
2 tbsp	miso paste

1 pieces	orange bell pepper
100 g	Arugula
2 tbsp	olive oil
1 teaspoon	salt
1 teaspoon	black pepper

Directions

Step 1

Mixing

In a small bowl, mix together the miso paste, minced garlic, olive oil, salt, and black pepper to make the marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Marinating

Place the pork chops in a ziplock bag and pour the marinade over them. Seal the bag and massage the marinade into the meat. Let it marinate in the refrigerator for at least 1 hour.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Preheating

Preheat the grill to medium-high heat. Remove the pork chops from the marinade and discard the excess marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

Grill the pork chops for about 4-5 minutes per side, or until they reach an internal temperature of 145°F (63°C).

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Sautéing

While the pork chops are grilling, heat 1 tablespoon of olive oil in a skillet over medium heat. Add the sliced orange bell pepper and sauté for about 5 minutes, or until tender.

Prep Time: 5 mins

Cook Time: 5 mins

Step 6

Resting

Remove the pork chops from the grill and let them rest for a few minutes. Serve the pork chops on a bed of arugula, topped with the sautéed orange bell pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 12 g

Protein: 35 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	35 g	205.88%	205.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	12 g	42.86%	48%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	6 mg	40%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	700 mg	20.59%	26.92%
Zinc	20 mg	181.82%	250%
Selenium	50 mcg	90.91%	90.91%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Dinner

Course

Breads

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Difficulty Level

Easy

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