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Garlic Lime Marinated Pork Chops

Garlic Lime Marinated Pork Chops are a delicious and flavorful dish. The pork chops are marinated in a mixture of garlic, lime juice, and spices, which infuses them with a tangy and savory flavor. They are then grilled to perfection, resulting in juicy and tender pork chops. This dish is perfect for a summer barbecue or a weeknight dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	pork chops
4 cloves	garlic cloves
4 tbsp	Lime juice
2 tbsp	olive oil

1 tsp	salt
1 tsp	black pepper
1 tsp	paprika
0.5 tsp	cayenne pepper

Directions

Step 1

Mixing

In a small bowl, combine the garlic, lime juice, olive oil, salt, black pepper, paprika, and cayenne pepper to make the marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Refrigerating

Place the pork chops in a resealable plastic bag and pour the marinade over them. Seal the bag and refrigerate for at least 1 hour, or overnight for best results.

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 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

Resting

Remove the pork chops from the grill and let them rest for 5 minutes before serving. This allows the juices to redistribute and the pork chops to become even more tender.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the garlic lime marinated pork chops hot, with your favorite side dishes.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 12 g

Protein: 30 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	12 g	42.86%	48%
Cholesterol	90 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	600 mg	17.65%	23.08%
Zinc	20 mg	181.82%	250%
Selenium	50 mcg	90.91%	90.91%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Microwave

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Dinner

Events

Picnic

Healthy For

Gastroesophageal reflux disease (GERD)

Cooking Method

Frying

Serving

Cooking

None

Stir-frying

Preheating

Heating

Stove

Difficulty Level

Easy

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