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Grilled Pork Chop Plain ♦

Grilled pork chop is a simple and delicious dish that is perfect for a quick and easy meal. The pork chop is marinated in a flavorful mixture of herbs and spices, then grilled to perfection. It can be served with a variety of sides, such as roasted vegetables or mashed potatoes.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

400 g	pork chop
1 tsp	salt
1 tsp	black pepper
1 tsp	garlic powder
1 tsp	paprika

2 tbsp olive oil

Directions

Step 1

Preheating

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix together salt, black pepper, garlic powder, and paprika.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Rubbing

Rub the spice mixture onto both sides of the pork chop.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Drizzling

Drizzle olive oil over the pork chop.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Grilling

Grill the pork chop for 6-8 minutes per side, or until cooked through.

Prep Time: 0 mins

Cook Time: 15 mins

Step 6

Resting

Remove the pork chop from the grill and let it rest for 5 minutes before serving.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 250 kcal

Fat: 12 g

Protein: 30 g

Carbohydrates: 0 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	0 g	0%	0%
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)
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Monounsaturated Fat	6 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	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

French

American

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Dinner

Events

Picnic

Course

Breads

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Difficulty Level

Easy

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