

7 Pork Chops With Salsa



Marinade

Canola oil	250 ml	1 cup	230 g
Sugar	2 pinches		20 g
White vinegar	60 ml	¼ cup	60 g
Pepper	2.5 ml	½ teaspoon	1 g
Boneless pork chops (97523)	10	2 lbs.	900 g

Salsa

Peaches, canned and pureed	500 ml	2 cups	540 g
Celery stalk, diced	1		85 g
Red onion, chopped	1		150 g
White vinegar	15 ml	1 tablespoon	15 g
Pepper	To taste		

- : 10
- : 60 minutes
- : 8 minutes
- : yes

Nutrition Facts

For 1 chop (160 g)

Amount	% Daily Value
Calories 210	
Fat 13 g	20%
Saturated 4.5 g	
+ trans 0.1 g	23%
Polyunsaturated 1.5 g	
Omega-6 0.1 g	
Omega-3 0 g	
Monounsaturated 6 g	
Cholesterol 55 mg	18%
Sodium 70 mg	3%
Potassium 450 mg	13%
Carbohydrates 5 g	2%
Fibre 1 g	4%
Sugar 4 g	
Protein 18 g	
Vitamin A 16 RE	2%
Vitamin C 3 mg	6%
Calcium 8 mg	0%
Iron 0.1 mg	2%
Phosphorus 12.5 mg	2%

- 1 Mix all the ingredients of the marinade.
- 2 Marinate chops for 1 hour in refrigerator.
- 3 Drain chops and cook on grill for 4 minutes on each side.
- 4 Gently mix salsa ingredients and set aside.
- 5 Serve pork chops with salsa and your choice of vegetables.

Chef's Remarks

This salsa is quite delicious: don't hesitate to use it with different foods such as turkey, chicken or pork, in sandwiches or instead of sauce.

Canada's Food Guide Portions

¾ serving of vegetables and fruit
+ 1 ¼ servings of meat and alternatives.



Olymel Product Allergens

*Contains: none

Food Exchange System

½ serving of fruit
+ 2 ¼ servings of meat and alternatives
+ 1 ¼ servings of fat.

*Verified allergens: peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)