

# No Carb Chops with Cinnamon and Coriander

.25 net carbs per serving for 4 servings.



- 1 lb pork chops
- 1 tbsp cinnamon, ground
- 1 tbsp coriander, ground
- 1/4 tsp sea salt
- dash black pepper



LowCarbeDiem.com

Preheat your broiler or grill to medium high. Moisten the chops by brushing them with cold water.

Mix coriander, cinnamon, sea salt and pepper together in a small bowl. Rub the mix into the chops, fully coating both sides.

Broil or grill 15 to 20 minutes, turning occasionally. For added color, garnish with a few pieces of shredded carrot or thinly sliced onion.

Serving sizes can vary. Nutrition Facts are for total recipe.

## Nutrition Facts

Amount Per Serving		
<b>Calories</b>	719	Calories from Fat: 411
		<b>% Daily Values*</b>
<b>Total Fat</b>	45g	69%
Saturated Fat	15g	77%
<b>Cholesterol</b>	223mg	74%
<b>Sodium</b>	179mg	7%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	4g	15%
<b>Protein</b>	70g	
<b>Vitamin A</b>		1%
<b>Vitamin C</b>		7%
<b>Calcium</b>		15%
<b>Iron</b>		30%

\* Percent Daily Values are based on a 2000 calorie diet.