



Alton Brown's Molasses-and-Coffee Pork Chops

 Gluten Free  Dairy Free

READY IN



148 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons apple cider vinegar
- 24 ounce pork chops bone-in ()
- 1 tablespoon dijon mustard
- 6 sprigs thyme leaves fresh
- 2 cloves garlic minced
- 0.5 teaspoon ground ginger
- 4 servings kosher salt and pepper freshly ground

- 0.5 cup blackstrap molasses
- 1 cup strong coffee decoction cooled brewed

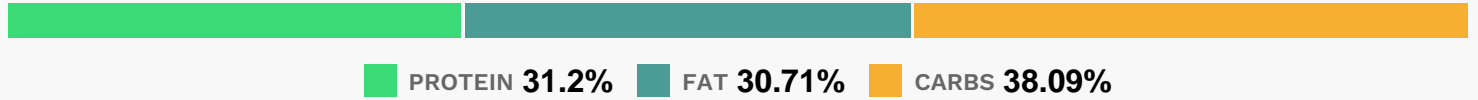
Equipment

- sauce pan
- grill

Directions

- Combine the coffee, molasses, vinegar, mustard, garlic, 1 teaspoon salt, 1/2 teaspoon pepper, the ginger, thyme and pork chops in a 1-gallon zip-top bag; seal and shake to combine. Marinate in the refrigerator for at least 2 hours or overnight.
- Preheat a grill to medium-high.
- Remove the pork from the bag.
- Pour the marinade into a saucepan; boil gently over medium-high heat, stirring, until reduced to 1/2 cup, 12 to 15 minutes.
- Remove the thyme stems.
- Grill the pork chops for 3 to 4 minutes per side, or until they reach an internal temperature of 14
- Let rest for 5 minutes; serve with the glaze.
- Photograph by Kate Mathis
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Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:14.1, Inflammation Score:-9, Nutrition Score:20.837391322722%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.04mg,
Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg,
Luteolin: 0.68mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg,
Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 348.08kcal (17.4%), Fat: 11.74g (18.07%), Saturated Fat: 3.85g (24.07%), Carbohydrates: 32.78g (10.93%),
Net Carbohydrates: 32.34g (11.76%), Sugar: 31.57g (35.08%), Cholesterol: 88.03mg (29.34%), Sodium: 322.81mg
(14.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 23.7mg (7.9%), Protein: 26.85g (53.7%), Selenium:
52.25µg (74.65%), Vitamin B6: 1.2mg (60%), Vitamin B3: 9.03mg (45.16%), Vitamin B1: 0.66mg (43.68%),
Manganese: 0.84mg (41.8%), Magnesium: 141.1mg (35.28%), Potassium: 1111.22mg (31.75%), Phosphorus: 290.42mg
(29.04%), Iron: 3.21mg (17.84%), Vitamin B2: 0.3mg (17.56%), Zinc: 2.47mg (16.49%), Copper: 0.3mg (15.21%),
Vitamin B5: 1.41mg (14.15%), Calcium: 123.86mg (12.39%), Vitamin B12: 0.68µg (11.27%), Vitamin D: 0.64µg (4.25%),
Vitamin C: 2.89mg (3.5%), Fiber: 0.44g (1.75%), Vitamin A: 81.79IU (1.64%), Vitamin E: 0.17mg (1.16%)