



Apricot-Glazed Grilled Pork Chops



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 1 teaspoon thyme sprigs fresh finely chopped
- ☐ 3 lb pork chops bone-in
- ☐ 4 servings salt
- ☐ 1 tablespoon vegetable oil
- ☐ 0.7 cup wine

Equipment

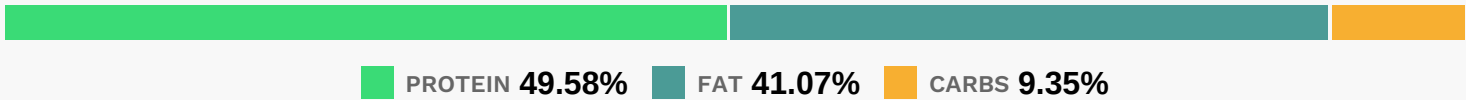
- ☐ pot

- ☐ grill
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ In a small pot, combine wine, preserves, thyme and 1/2 tsp. salt. Bring to a boil over medium-high heat and cook until reduced by half. Set aside to cool.
- ☐ Preheat a gas grill to medium-high. Rub chops with oil and sprinkle with salt. Grill for 10 minutes, turning once. Continue to cook, basting with glaze several times, until an instant-read thermometer inserted into center of chop registers 140F, 6 to 8 minutes longer.
- ☐ Let chops rest on a cutting board for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.18, Inflammation Score:-7, Nutrition Score:31.403912988046%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 638.37kcal (31.92%), Fat: 27.06g (41.63%), Saturated Fat: 8.86g (55.36%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 13.73g (4.99%), Sugar: 8.94g (9.93%), Cholesterol: 227.93mg (75.98%), Sodium: 367.01mg (15.96%), Alcohol: 4.12g (100%), Alcohol %: 1.29% (100%), Protein: 73.51g (147.01%), Selenium: 113.04µg (161.48%), Vitamin B1: 2.27mg (151.42%), Vitamin B3: 27.23mg (136.17%), Vitamin B6: 2.5mg (124.77%), Phosphorus: 777.16mg (77.72%), Vitamin B2: 0.64mg (37.77%), Potassium: 1315.59mg (37.59%), Zinc: 5.34mg (35.62%), Vitamin B12: 1.8µg (30.05%), Vitamin B5: 2.5mg (24.97%), Magnesium: 94.04mg (23.51%), Iron: 2mg (11.08%), Copper: 0.21mg (10.74%), Vitamin D: 1.36µg (9.07%), Vitamin K: 6.41µg (6.11%), Vitamin E: 0.75mg (4.97%), Manganese: 0.09mg (4.38%), Calcium: 33.5mg (3.35%), Vitamin C: 2.54mg (3.07%), Vitamin A: 77.78IU (1.56%)