



## Bacon-Wrapped Pork Chops With Seasoned Butter

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter softened room temperature
- 2 teaspoons dijon mustard
- 1 clove garlic minced
- 24 ounce pork loin chops boneless
- 4 slices bacon thick-cut

### Equipment

- bowl

- paper towels
- toothpicks
- grill
- kitchen thermometer
- grill pan

## Directions

- Dry the chops with paper towels and season generously with salt and pepper. Wrap a strip of bacon around each one, securing with a toothpick. Cook as directed below to medium doneness.
- Remove toothpick; serve chops with Garlic-Mustard Butter (see directions below).
- Broil: Broil 4 inches from heat source, 6–7 minutes. Turn and continue broiling to desired doneness, approximately 5–6 minutes until internal temperature on a thermometer reads 145 degrees.
- Heat grill pan over high heat; add chops, lower heat to medium–high and cook for 6–7 minutes, until nicely browned. Turn and continue cooking for about 5–6 minutes until internal temperature on a thermometer reads 145 degrees F.
- Grill: Prepare medium–hot fire in grill; grill chops over direct heat for 6–7 minutes; turn and grill 5–6 minutes until internal temperature on a thermometer reads 145 degrees F.
- Garlic-Mustard Butter: In a small bowl, stir together ingredients until well mixed. Wrap in waxed paper to shape like a stick of butter. Chill while pork is cooking. When ready to serve, cut into fourths and top each pork mignon before serving.

## Nutrition Facts

■ PROTEIN **36.5%** ■ FAT **62.77%** ■ CARBS **0.73%**

## Properties

Glycemic Index:28, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:19.653913107903%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 479.02kcal (23.95%), Fat: 32.79g (50.44%), Saturated Fat: 14.21g (88.8%), Carbohydrates: 0.85g (0.28%), Net Carbohydrates: 0.73g (0.26%), Sugar: 0.05g (0.06%), Cholesterol: 161.42mg (53.81%), Sodium: 440.52mg (19.15%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 42.9g (85.8%), Selenium: 55.45µg (79.22%), Vitamin B6: 1.39mg (69.57%), Vitamin B1: 0.86mg (57.32%), Vitamin B3: 11.25mg (56.23%), Phosphorus: 441.81mg (44.18%), Zinc: 3.52mg (23.49%), Vitamin B2: 0.35mg (20.86%), Potassium: 717.61mg (20.5%), Vitamin B12: 1.07µg (17.86%), Vitamin B5: 1.49mg (14.95%), Magnesium: 50.22mg (12.55%), Vitamin A: 369.71IU (7.39%), Iron: 1.12mg (6.23%), Copper: 0.12mg (5.89%), Vitamin D: 0.82µg (5.5%), Vitamin E: 0.71mg (4.76%), Manganese: 0.04mg (1.94%), Calcium: 16.64mg (1.66%)