



Barbecue-Rubbed Pork Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 0.3 teaspoon mustard dry
- ☐ 0.8 teaspoon garlic powder
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 tablespoon brown sugar light
- ☐ 1 teaspoon paprika

- ☐ 24 ounce center-cut loin pork chops bone-in trimmed (1/)
- ☐ 1 teaspoon salt

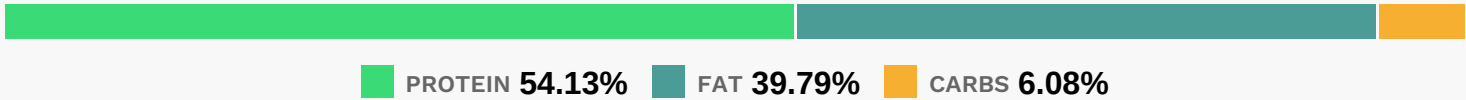
Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Combine first 9 ingredients; rub over both sides of pork.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork; cook for 2 minutes on each side. Reduce heat to medium, and cook for 8 minutes or until done, turning occasionally.
- ☐ Remove from pan; let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:20.192173951346%

Nutrients (% of daily need)

Calories: 282.14kcal (14.11%), Fat: 12.09g (18.6%), Saturated Fat: 4.2g (26.27%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 3.67g (1.33%), Sugar: 3.03g (3.37%), Cholesterol: 113.97mg (37.99%), Sodium: 673.45mg (29.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37g (74%), Selenium: 56.89µg (81.28%), Vitamin B1: 1.14mg (76.23%), Vitamin B3: 13.73mg (68.67%), Vitamin B6: 1.27mg (63.52%), Phosphorus: 393.1mg (39.31%), Vitamin B2: 0.33mg (19.32%), Potassium: 675.97mg (19.31%), Zinc: 2.73mg (18.18%), Vitamin B12: 0.9µg (15.03%), Vitamin B5: 1.26mg (12.63%), Magnesium: 48.59mg (12.15%), Vitamin A: 432.47IU (8.65%), Iron: 1.37mg (7.61%), Copper: 0.11mg (5.67%), Vitamin D: 0.68µg (4.54%), Vitamin E: 0.6mg (3.99%), Manganese: 0.06mg (2.8%), Calcium: 22.33mg (2.23%), Fiber: 0.48g (1.94%)