



 **28%**  
HEALTH SCORE

## Barbecued Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**448 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 tablespoons brown sugar packed
- 0.8 cup catsup
- 1 clove garlic minced
- 0.3 teaspoon hot sauce
- 1 medium onion chopped
- 0.5 teaspoon pepper
- 4.5 pounds pork loin chops ( )
- 2 teaspoons salt

- 0.8 cup vinegar
- 1.5 cups water
- 1 tablespoon worcestershire sauce

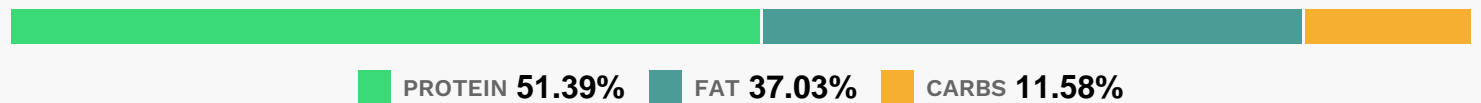
## Equipment

- sauce pan
- grill

## Directions

- Combine first 10 ingredients in a small saucepan. Bring to a boil. Reduce heat; cook, uncovered, 30 minutes over low heat, stirring occasionally.
- Place chops 4 to 5 inches from medium coals; grill 15 minutes on each side, basting frequently with sauce.
- Serve any remaining sauce with chops.

## Nutrition Facts



## Properties

Glycemic Index:17.38, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:28.185652227505%

## Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

## Nutrients (% of daily need)

Calories: 447.63kcal (22.38%), Fat: 17.75g (27.31%), Saturated Fat: 6.26g (39.14%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 12.15g (4.42%), Sugar: 9.97g (11.08%), Cholesterol: 170.95mg (56.98%), Sodium: 943.44mg (41.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.41g (110.82%), Selenium: 84.92µg (121.32%), Vitamin B1: 1.71mg (114.2%), Vitamin B3: 20.74mg (103.71%), Vitamin B6: 1.91mg (95.57%), Phosphorus: 589.66mg (58.97%), Vitamin B2: 0.52mg (30.39%), Potassium: 1061.92mg (30.34%), Zinc: 4.04mg (26.91%), Vitamin B12: 1.35µg (22.54%), Vitamin B5: 1.89mg (18.92%), Magnesium: 72.33mg (18.08%), Copper: 0.19mg (9.28%), Iron: 1.56mg (8.66%), Vitamin D: 1.02µg (6.8%), Manganese: 0.1mg (4.88%), Vitamin E: 0.67mg (4.44%), Calcium: 34.77mg (3.48%), Vitamin C: 2.43mg (2.94%), Vitamin A: 128.5IU (2.57%), Fiber: 0.34g (1.36%), Folate: 4.89µg (1.22%)