



Barbecued Pork Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 1 teaspoon thyme dried
- ☐ 1 teaspoon garlic salt
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 cup catsup
- ☐ 1 tablespoon soy sauce low-sodium
- ☐ 36 ounce pork chops bone-in (1/)
- ☐ 1 tablespoon worcestershire sauce

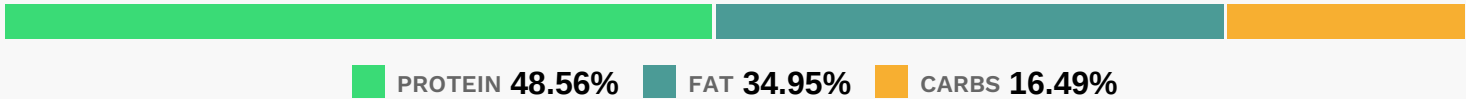
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Prepare grill or broiler.
- ☐ To prepare sauce, combine the first 4 ingredients in a small bowl.
- ☐ Place 1/4 cup sauce in a small bowl, and set aside.
- ☐ Trim fat from pork.
- ☐ Combine the thyme, garlic salt, and pepper; sprinkle over pork.
- ☐ Place pork on a grill rack or broiler pan coated with cooking spray; cook 6 minutes on each side, basting with remaining sauce.
- ☐ Serve pork chops with reserved 1/4 cup sauce.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:20.015652091607%

Flavonoids

Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 313.01kcal (15.65%), Fat: 11.85g (18.23%), Saturated Fat: 4.18g (26.11%), Carbohydrates: 12.58g (4.19%), Net Carbohydrates: 12.45g (4.53%), Sugar: 11.33g (12.59%), Cholesterol: 113.97mg (37.99%), Sodium: 695.44mg (30.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.04g (74.07%), Selenium: 56.53µg (80.75%), Vitamin B1: 1.14mg (75.99%), Vitamin B3: 13.81mg (69.03%), Vitamin B6: 1.26mg (63.08%), Phosphorus: 394.09mg (39.41%), Potassium: 709.92mg (20.28%), Vitamin B2: 0.34mg (20.16%), Zinc: 2.7mg (17.97%), Vitamin B12: 0.9µg (15.03%), Vitamin B5: 1.26mg (12.62%), Magnesium: 49.06mg (12.27%), Iron: 1.35mg (7.51%), Copper: 0.12mg

(5.85%), Vitamin D: 0.68µg (4.54%), Vitamin K: 3.25µg (3.1%), Calcium: 28.36mg (2.84%), Vitamin E: 0.42mg (2.78%), Manganese: 0.05mg (2.74%), Vitamin A: 101.35IU (2.03%), Vitamin C: 0.93mg (1.12%)