



Barbecued Pork Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 16 ounce pork chops bone-in (1/)
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 tablespoons brown sugar dark
- ☐ 1 tablespoon sesame oil dark
- ☐ 2 teaspoons garlic fresh minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons soya sauce low-sodium

- ☐ 1 tablespoon pineapple juice
- ☐ 1.5 teaspoons sake (rice wine)
- ☐ 1 teaspoon sesame seed toasted

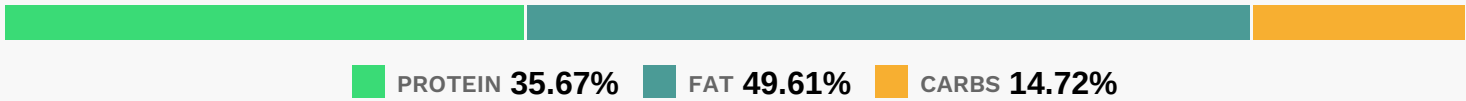
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Combine first 8 ingredients in a zip-top plastic bag; add pork to bag. Seal; marinate at room temperature 25 minutes.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Remove pork from bag; reserve marinade.
- ☐ Sprinkle pork with salt. Cook pork 3 minutes on each side or until done.
- ☐ Pour reserved marinade into a small saucepan; bring to a boil. Reduce heat, and simmer 2 minutes or until thickened.
- ☐ Brush pork with reduced marinade; sprinkle with sesame seeds.
- ☐ Combine 1/4 cup rice wine vinegar, 1 to 2 teaspoons Sriracha, 2 teaspoons minced garlic, 1 teaspoon minced fresh ginger, 1 teaspoon canola oil, 1 teaspoon kosher salt, and 1/2 teaspoon sugar in a large bowl; stir with a whisk.
- ☐ Add 4 cups shredded Napa cabbage and 1/2 cup thinly sliced green onions; toss to coat.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:10.070434922757%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 213.15kcal (10.66%), Fat: 11.49g (17.67%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 7.44g (2.7%), Sugar: 6.26g (6.96%), Cholesterol: 58.68mg (19.56%), Sodium: 484.3mg (21.06%), Alcohol: 0.3g (100%), Alcohol %: 0.35% (100%), Protein: 18.58g (37.16%), Selenium: 29.31µg (41.86%), Vitamin B6: 0.64mg (31.87%), Vitamin B3: 5.78mg (28.92%), Vitamin B1: 0.43mg (28.35%), Phosphorus: 197.7mg (19.77%), Zinc: 1.64mg (10.92%), Vitamin B2: 0.19mg (10.88%), Potassium: 345.68mg (9.88%), Magnesium: 30.42mg (7.6%), Vitamin B12: 0.45µg (7.51%), Vitamin B5: 0.65mg (6.46%), Manganese: 0.12mg (5.92%), Iron: 0.83mg (4.63%), Copper: 0.09mg (4.55%), Calcium: 32.77mg (3.28%), Vitamin D: 0.43µg (2.83%), Vitamin E: 0.24mg (1.57%), Folate: 4.84µg (1.21%), Vitamin C: 0.84mg (1.02%)