



BBQ pork steaks with smoky corn

 Gluten Free

READY IN



17 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tsp catsup
- ☐ 2 tbsp t brown sugar dark
- ☐ 1 tbsp citrus champagne vinegar
- ☐ 1 tsp paprika
- ☐ 4 pork loin chops trimmed
- ☐ 4 ears corn
- ☐ 1 tbsp butter

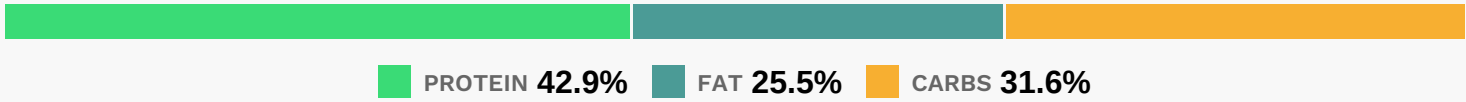
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Boil a large pan of water for the corn. Make a sauce by mixing the ketchup, sugar and vinegar with half the paprika.
- ☐ Heat a non-stick frying pan, then brown the pork for 3–4 mins on each side. Spoon over the sauce halfway through cooking and turn the steaks in it until the pork is cooked through and sticky.
- ☐ Meanwhile, tip the corn into the boiling water and cook for 5–8 mins until tender. Stir the remaining paprika into the butter in a heatproof bowl and microwave on High for 15–20 secs until the paprika is sizzling in the melted butter (alternatively, just melt the smoky butter in a small pan).
- ☐ Drain the corn, brush over the butter, then serve with the sticky pork steaks and a green salad.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:20.543043240257%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 303.21kcal (15.16%), Fat: 8.76g (13.47%), Saturated Fat: 3.75g (23.43%), Carbohydrates: 24.41g (8.14%), Net Carbohydrates: 22.39g (8.14%), Sugar: 12.58g (13.98%), Cholesterol: 96.07mg (32.02%), Sodium: 149.71mg (6.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.14g (66.29%), Vitamin B1: 1.07mg (71.38%), Selenium: 46.95µg (67.07%), Vitamin B3: 12.81mg (64.03%), Vitamin B6: 1.12mg (55.98%), Phosphorus: 398.16mg (39.82%), Potassium: 799.02mg (22.83%), Vitamin B2: 0.32mg (18.86%), Magnesium: 71.91mg (17.98%), Zinc: 2.58mg (17.23%), Vitamin B5: 1.67mg (16.74%), Vitamin B12: 0.69µg (11.49%), Vitamin A: 565.88IU (11.32%), Folate: 38.7µg (9.67%), Manganese: 0.18mg (8.85%), Fiber: 2.02g (8.06%), Vitamin C: 6.35mg (7.7%), Iron: 1.35mg (7.5%), Copper: 0.14mg (6.83%), Vitamin E: 0.56mg (3.73%), Vitamin D: 0.4µg (2.68%), Calcium: 16.62mg (1.66%), Vitamin K: 1.13µg (1.08%)