



Beer-Brined Pork Chops with Onion Marmalade

 Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups flavorful beer such as amber ale (two 12-oz. bottles)
- 0.3 cup apple cider vinegar
- 1 tablespoon peppercorns black
- 0.3 cup firmly brown sugar packed
- 1 tablespoon fennel seeds
- 2 cloves garlic crushed peeled
- 0.3 cup kosher salt (see notes)

- 1 tablespoon mustard seeds
- 3 tablespoons olive oil
- 4 boned center-cut pork loin chops thick (each 1 in. and 7 oz.)
- 3 onions red peeled halved lengthwise thinly sliced

Equipment

- frying pan
- ziploc bags

Directions

- Rinse pork chops. In a 1 1/2- to 2-quart pan over medium heat, stir beer, salt, 2 tablespoons brown sugar, the peppercorns, mustard seeds, fennel seeds, and garlic until salt and sugar are dissolved.
- Let mixture cool completely.
- Place chops in a 2-gallon zip-lock plastic bag and add brine. Seal and chill 4 to 6 hours.
- Remove chops from brine (discard brine). Rinse chops and pat dry.
- Pour olive oil into a 12-inch frying pan over medium-high heat. When hot, add chops and cook, turning once, until well browned on both sides, about 6 minutes total.
- Transfer chops to a plate.
- Add onions to pan. Stir frequently until onions are very soft and browned, 20 to 25 minutes (lower heat if necessary to prevent scorching). Stir in vinegar and remaining 2 tablespoons brown sugar and cook, scraping bottom of pan to loosen any browned bits, until liquid is almost completely evaporated.
- Place chops on top of onion mixture and cover pan; cook until chops are barely pink in the center (cut to test), 6 to 8 minutes.
- Set chops on plates and spoon onion mixture over them.
- Calories 603 (54% from fat); Fat 36g (sat 10g); Protein 43g; Carb 28g; Fiber 1g; Chol 133mg; Sodium N/A.

Nutrition Facts



■ PROTEIN 28.78% ■ FAT 42.99% ■ CARBS 28.23%

Properties

Glycemic Index:42.38, Glycemic Load:4.77, Inflammation Score:-8, Nutrition Score:22.71565242306%

Flavonoids

Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 16.81mg, Quercetin: 16.81mg, Quercetin: 16.81mg, Quercetin: 16.81mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 493.72kcal (24.69%), Fat: 21.19g (32.6%), Saturated Fat: 4.86g (30.4%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 28.32g (10.3%), Sugar: 17.13g (19.04%), Cholesterol: 89.78mg (29.93%), Sodium: 7155.52mg (311.11%), Alcohol: 6.9g (100%), Alcohol %: 1.88% (100%), Protein: 31.92g (63.85%), Selenium: 52.09µg (74.41%), Vitamin B1: 0.97mg (64.97%), Vitamin B6: 1.2mg (60.14%), Vitamin B3: 11.98mg (59.91%), Phosphorus: 390.01mg (39%), Manganese: 0.72mg (35.79%), Potassium: 787.4mg (22.5%), Vitamin B2: 0.33mg (19.59%), Magnesium: 76.73mg (19.18%), Zinc: 2.54mg (16.9%), Vitamin E: 1.87mg (12.46%), Vitamin B12: 0.75µg (12.43%), Vitamin B5: 1.23mg (12.33%), Fiber: 3g (12%), Iron: 1.93mg (10.75%), Vitamin K: 10.92µg (10.4%), Copper: 0.2mg (10.05%), Calcium: 91.77mg (9.18%), Vitamin C: 7.08mg (8.59%), Folate: 31.36µg (7.84%), Vitamin D: 0.54µg (3.57%)