



## Bourbon Barbecued Pork Chops

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup apple cider
- 0.3 cup apple cider vinegar
- 2 medium beefsteak tomatoes halved
- 0.5 cup brown sugar dark packed
- 3 cloves garlic minced
- 1 tablespoon ginger minced peeled
- 4 servings kosher salt
- 1 medium onion cut into 1/2-inch-thick rounds

- 32 ounce pork loin chops bone-in trimmed
- 1 tablespoon vegetable oil
- 2 teaspoons worcestershire sauce

## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- grill

## Directions

- Prepare a grill for indirect heat: For gas, preheat to medium high, then turn off the burners on one side and turn the other burners to medium low. For charcoal, once the coals ash over, push them to one side.
- Whisk 1/4 cup salt, 1/4 cup brown sugar and 3 cups warm water in a large bowl.
- Add the pork and soak 10 minutes. Meanwhile, mix the bourbon, vinegar, Worcestershire sauce, the remaining 1/4 cup brown sugar, the garlic and ginger in an ovenproof saucepan. Put on the grill over direct heat; bring to a boil, then remove from the grill.
- Grill the onion and tomatoes over direct heat until charred, about 3 minutes per side for the tomato and 4 to 5 minutes per side for the onion.
- Add to the saucepan, then return the pan to the grill and cook until the sauce is thickened, about 15 more minutes.
- Remove the chops from the brine; pat dry.
- Brush with the vegetable oil and grill over direct heat, 2 to 3 minutes per side.
- Transfer to the cooler side of the grill and cook 3 to 4 more minutes per side, brushing with the sauce.
- Serve with the remaining sauce and vegetables.
- Photograph by Antonis Achilleos

## Nutrition Facts



■ PROTEIN 37.38% ■ FAT 32.33% ■ CARBS 30.29%

## Properties

Glycemic Index:47.69, Glycemic Load:3.95, Inflammation Score:-8, Nutrition Score:33.337391459424%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg

## Nutrients (% of daily need)

Calories: 551.46kcal (27.57%), Fat: 19.57g (30.11%), Saturated Fat: 6.15g (38.41%), Carbohydrates: 41.26g (13.75%), Net Carbohydrates: 38.61g (14.04%), Sugar: 35.56g (39.51%), Cholesterol: 151.95mg (50.65%), Sodium: 361.49mg (15.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.91g (101.82%), Selenium: 75.93µg (108.47%), Vitamin B1: 1.6mg (106.77%), Vitamin B3: 19.26mg (96.3%), Vitamin B6: 1.86mg (93.14%), Phosphorus: 571.53mg (57.15%), Potassium: 1406.6mg (40.19%), Vitamin C: 26.77mg (32.45%), Vitamin A: 1428.59IU (28.57%), Vitamin B2: 0.47mg (27.72%), Zinc: 3.91mg (26.06%), Magnesium: 86.82mg (21.71%), Vitamin B12: 1.2µg (20.03%), Vitamin B5: 1.9mg (19.02%), Vitamin K: 19.86µg (18.92%), Manganese: 0.36mg (18.2%), Copper: 0.27mg (13.63%), Iron: 2.12mg (11.79%), Fiber: 2.65g (10.6%), Vitamin E: 1.51mg (10.05%), Folate: 31.5µg (7.87%), Calcium: 73.11mg (7.31%), Vitamin D: 0.91µg (6.05%)