



Bourbon Glazed Pork Chops

 Dairy Free

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READY IN

ready

30 min.

SERVINGS

servings

2

CALORIES

calories

787 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup pepper black
- ☐ 1 tablespoon bourbon
- ☐ 1 teaspoon brown sugar dark packed
- ☐ 2 tablespoons dijon mustard
- ☐ 1 clove garlic minced
- ☐ 0.3 cup garlic powder
- ☐ 2 pound center-cut pork chops bone-in thick
- ☐ 1 cup salt

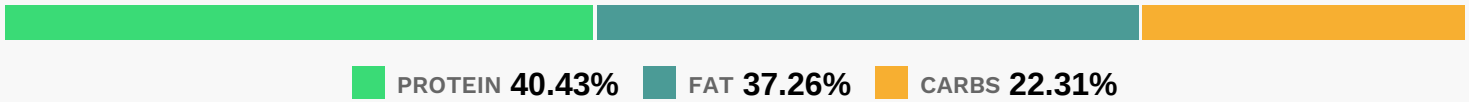
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare a medium-hot grill.
- ☐ In a bowl, mix together the mustard, brown sugar, and bourbon. Rub the pork chops with the garlic and house seasoning, then brush with half the glaze.
- ☐ Place the chops on the grill. Grill until the chops are slightly charred and cooked, about 20 minutes.
- ☐ Brush with the remaining glaze before serving.
- ☐ Mix the ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:4.79, Inflammation Score:-7, Nutrition Score:46.513913139053%

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: 786.76kcal (39.34%), Fat: 32.41g (49.87%), Saturated Fat: 10.71g (66.92%), Carbohydrates: 43.67g (14.56%), Net Carbohydrates: 32.85g (11.95%), Sugar: 3.08g (3.42%), Cholesterol: 234.73mg (78.24%), Sodium: 56963.34mg (2476.67%), Alcohol: 2.51g (100%), Alcohol %: 0.56% (100%), Protein: 79.16g (158.31%), Manganese: 4.32mg (216.06%), Selenium: 128.99µg (184.27%), Vitamin B6: 2.98mg (148.81%), Vitamin B1: 1.84mg (122.82%), Vitamin B3: 23.19mg (115.94%), Phosphorus: 899.04mg (89.9%), Potassium: 1955.72mg (55.88%), Zinc: 7.52mg (50.14%), Vitamin K: 48.78µg (46.46%), Vitamin B2: 0.75mg (44.1%), Fiber: 10.82g (43.28%), Magnesium: 167.61mg (41.9%), Iron: 7.45mg (41.38%), Copper: 0.83mg (41.36%), Vitamin B5: 3.09mg (30.85%), Vitamin B12: 1.8µg (30.05%), Calcium: 267.88mg (26.79%), Vitamin D: 1.7µg (11.34%), Vitamin E: 0.97mg (6.45%), Folate: 20.04µg (5.01%), Vitamin A: 192.96IU (3.86%), Vitamin C: 0.88mg (1.07%)