



Bourbon-Glazed Pork Chops and Peaches

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup honey
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 2 peaches pitted halved
- ☐ 16 ounce center-cut loin pork chops boneless trimmed (3/)

☐ 1 tablespoon vegetable oil

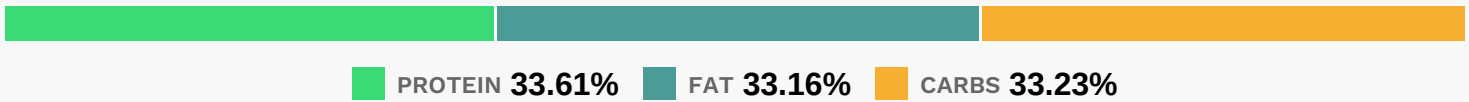
Equipment

- ☐ bowl
- ☐ microwave
- ☐ grill pan

Directions

- ☐ Combine first 7 ingredients in a large bowl.
- ☐ Add pork chops and peaches; toss well to coat.
- ☐ Heat a nonstick grill pan coated with cooking spray over medium-high heat.
- ☐ Remove pork and peaches from bowl, reserving the marinade.
- ☐ Place pork and peaches on grill pan; cook 4 minutes on each side or until pork is done.
- ☐ While the pork chops cook, place marinade in a microwave-safe bowl; microwave marinade at HIGH 2 minutes. Spoon over pork and peaches.

Nutrition Facts



Properties

Glycemic Index:34.88, Glycemic Load:11.72, Inflammation Score:-5, Nutrition Score:16.152608726336%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 356.28kcal (17.81%), Fat: 11.54g (17.76%), Saturated Fat: 3.33g (20.79%), Carbohydrates: 26.03g (8.68%), Net Carbohydrates: 24.66g (8.97%), Sugar: 23.77g (26.41%), Cholesterol: 75.98mg (25.33%), Sodium: 499.37mg (21.71%), Alcohol: 6.68g (100%), Alcohol %: 3.45% (100%), Protein: 26.32g (52.64%), Selenium: 39.51µg (56.44%),

Vitamin B1: 0.78mg (52.06%), Vitamin B3: 9.87mg (49.34%), Vitamin B6: 0.87mg (43.55%), Phosphorus: 295.34mg (29.53%), Potassium: 575.53mg (16.44%), Vitamin B2: 0.27mg (16.03%), Zinc: 2.1mg (13.97%), Manganese: 0.23mg (11.32%), Magnesium: 45.12mg (11.28%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 1mg (9.96%), Vitamin K: 8.84µg (8.42%), Copper: 0.14mg (7.19%), Vitamin E: 1.07mg (7.14%), Iron: 1.16mg (6.47%), Vitamin A: 286.86IU (5.74%), Fiber: 1.36g (5.45%), Vitamin C: 3.18mg (3.86%), Vitamin D: 0.45µg (3.02%), Folate: 10.29µg (2.57%), Calcium: 17.06mg (1.71%)