



Brew Pub Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



82 min.

SERVINGS



22

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup beer
- 1.5 lb pork chops bone-in
- 1 Tbsp grey poupon dijon mustard
- 0.5 tsp rosemary fresh chopped
- 1 clove garlic minced
- 0.3 cup real mayo mayonnaise kraft
- 1 Tbsp salt
- 2 Tbsp sugar

1 cup water

Equipment

grill

Directions

- Mix first 4 ingredients until sugar is dissolved; pour over chops in shallow dish. Turn chops over to evenly coat both sides of each chop. Refrigerate 1 hour to marinate.
- Meanwhile, mix remaining ingredients.
- Heat grill to medium-high heat.
- Remove chops from marinade; discard marinade. Grill chops 5 to 6 min. on each side or until done (160F), brushing occasionally with mayo mixture.

Nutrition Facts



Properties

Glycemic Index:10.12, Glycemic Load:0.94, Inflammation Score:-1, Nutrition Score:2.7665217225642%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 66.19kcal (3.31%), Fat: 4.03g (6.19%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 1.53g (0.56%), Sugar: 1.1g (1.24%), Cholesterol: 17.07mg (5.69%), Sodium: 354.54mg (15.41%), Alcohol: 0.42g (100%), Alcohol %: 1.06% (100%), Protein: 4.92g (9.83%), Selenium: 8.22µg (11.74%), Vitamin B6: 0.17mg (8.45%), Vitamin B3: 1.6mg (7.98%), Vitamin B1: 0.11mg (7.66%), Phosphorus: 51.47mg (5.15%), Vitamin K: 4.16µg (3.96%), Zinc: 0.42mg (2.82%), Vitamin B2: 0.05mg (2.81%), Potassium: 84.73mg (2.42%), Vitamin B12: 0.13µg (2.14%), Vitamin B5: 0.18mg (1.75%), Magnesium: 6.96mg (1.74%)