



Brined, Grilled Pork Chops with Tarragon-Grape Salad

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 4 servings pepper black freshly ground
- ☐ 4 pork chops bone-in thick
- ☐ 0.3 cup tarragon fresh roughly chopped
- ☐ 3 medium cloves garlic smashed
- ☐ 3 cups grapes green seedless halved
- ☐ 0.3 cup kosher salt

- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion red sliced
- ☐ 2 ounces pecorino crumbled
- ☐ 2 tablespoons sherry vinegar
- ☐ 0.3 cup sugar
- ☐ 2 sprigs thyme leaves
- ☐ 1.5 quarts water

Equipment

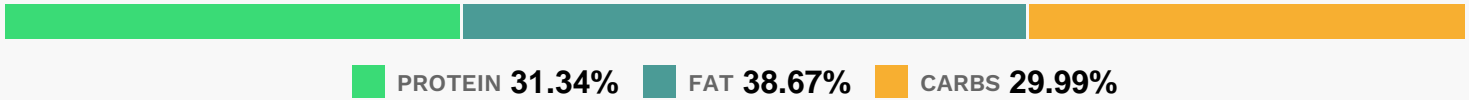
- ☐ bowl
- ☐ paper towels
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Place pork chops in a reasealable bag.
- ☐ Add water, sugar, salt, thyme, garlic and bay leaf. Seal bag and squish liquid around to combine.
- ☐ Place in the refrigerator for one hour. Meanwhile, combine onions, vinegar, and just enough water to cover in a small bowl. Season with salt and set aside to pickle.
- ☐ Remove pork chops from brine. Discard liquid and pat the chops dry with a paper towel. Season on both sides with salt and pepper.
- ☐ Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and spread the coals evenly over half of coal grate. Alternatively, set half the burners of a gas grill to high heat. Set cooking grate in place, cover gill and allow to preheat for 5 minutes. Clean and oil the grilling grate.
- ☐ Place pork chops over hot side of grill and cook until well browned, 3 to 5 minutes per side.
- ☐ Move pork chops to cool side of the grill, situated with bones facing the fire. Cover and cook until meat registers 135°F on an instant read thermometer when inserted into thickest part of the chop.
- ☐ Remove pork from grill and let rest for 10 minutes.

- ☐ While the pork is resting, prepare the grape salad.
- ☐ Place the grapes, tarragon, and ricotta salata in a medium bowl. Season with salt and pepper. Right before serving, drain the onions, add them to the salad and toss the mixture with olive oil.
- ☐ Serve pork and grape salad immediately.

Nutrition Facts



Properties

Glycemic Index:86.77, Glycemic Load:19.21, Inflammation Score:-7, Nutrition Score:24.654347430105%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 489.04kcal (24.45%), Fat: 21.13g (32.51%), Saturated Fat: 6.86g (42.9%), Carbohydrates: 36.88g (12.29%), Net Carbohydrates: 35.31g (12.84%), Sugar: 30.51g (33.9%), Cholesterol: 124.18mg (41.39%), Sodium: 7202.1mg (313.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.54g (77.07%), Selenium: 60.07µg (85.81%), Vitamin B6: 1.4mg (70.2%), Vitamin B1: 0.92mg (61.3%), Vitamin B3: 11.77mg (58.85%), Phosphorus: 416.94mg (41.69%), Vitamin B2: 0.48mg (28.24%), Potassium: 941.64mg (26.9%), Zinc: 3.48mg (23.2%), Manganese: 0.44mg (22.16%), Vitamin K: 19.04µg (18.13%), Copper: 0.35mg (17.69%), Magnesium: 69.52mg (17.38%), Iron: 2.85mg (15.81%), Vitamin B12: 0.95µg (15.78%), Calcium: 133.86mg (13.39%), Vitamin B5: 1.31mg (13.09%), Vitamin C: 7.51mg (9.1%), Fiber: 1.57g (6.3%), Vitamin E: 0.94mg (6.29%), Vitamin A: 308.12IU (6.16%), Vitamin D: 0.88µg (5.84%), Folate: 14.95µg (3.74%)