



Brined Pork Chops



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 0.5 cup mirin dry
- ☐ 6 garlic cloves with side of a large knife smashed
- ☐ 0.3 cup kosher salt
- ☐ 0.3 cup mustard seeds
- ☐ 4 tablespoons olive oil
- ☐ 2 tablespoons pickling spices
- ☐ 9 inch pork chops

- ☐ 0.3 cup sugar
- ☐ 2 qt water

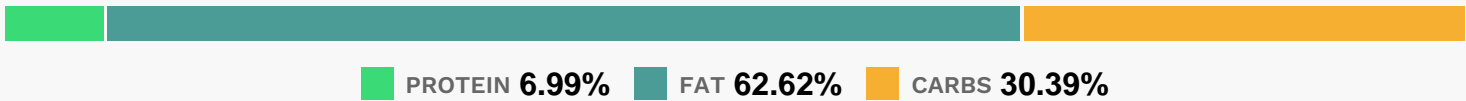
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Bring water to a boil with kosher salt, mustard seeds, sugar, pickling spices, and garlic and simmer 15 minutes. Cool brine completely, then add chops and chill, covered, 1 to 2 days.
- ☐ Preheat oven to 425°F.
- ☐ Remove chops from brine and pat dry.
- ☐ Heat 2 tablespoons oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown chops in batches, without crowding, turning once, 3 to 4 minutes on each side. (
- ☐ Add oil 1 to 2 tablespoons at a time as needed between batches.)
- ☐ Transfer chops to a roasting pan and roast in middle of oven until an instant-read thermometer inserted horizontally 2 inches into center of meat (do not touch bone) registers 155°F, 15 to 20 minutes.
- ☐ Transfer chops to a platter and let stand, loosely covered, 5 minutes before serving (do not clean pan).
- ☐ Straddle pan across 2 burners and add any meat juices from platter along with wine and broth and deglaze by boiling over moderately high heat, stirring and scraping up brown bits, until reduced to about 1/2 cup, about 4 minutes. Season pan juices with salt and pepper and serve with chops.

Nutrition Facts



Properties

Glycemic Index:19.18, Glycemic Load:6.25, Inflammation Score:-3, Nutrition Score:5.5008695660078%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 183.38kcal (9.17%), Fat: 12.42g (19.11%), Saturated Fat: 1.58g (9.87%), Carbohydrates: 13.56g (4.52%), Net Carbohydrates: 12.2g (4.44%), Sugar: 8.91g (9.9%), Cholesterol: 2.94mg (0.98%), Sodium: 4809.05mg (209.09%), Alcohol: 1.9g (100%), Alcohol %: 0.6% (100%), Protein: 3.12g (6.24%), Selenium: 16.62µg (23.75%), Manganese: 0.3mg (15.21%), Vitamin E: 1.72mg (11.46%), Magnesium: 34.12mg (8.53%), Phosphorus: 74.89mg (7.49%), Vitamin B1: 0.09mg (6.3%), Copper: 0.13mg (6.27%), Vitamin K: 6.05µg (5.76%), Fiber: 1.36g (5.44%), Iron: 0.97mg (5.41%), Calcium: 51.1mg (5.11%), Vitamin B6: 0.1mg (4.86%), Zinc: 0.6mg (4.02%), Vitamin B3: 0.76mg (3.8%), Folate: 12.28µg (3.07%), Potassium: 104.15mg (2.98%), Vitamin C: 2.22mg (2.69%), Vitamin B2: 0.04mg (2.54%), Vitamin B5: 0.1mg (1.05%)