



Brined Pork Chops with Spicy Chutney Barbecue Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings spicy chutney barbecue sauce
- ☐ 0.3 cup chili powder
- ☐ 0.5 cup coarse salt
- ☐ 0.5 cup brown sugar packed ()
- ☐ 8 servings olive oil
- ☐ 12 inch thick pork rib chops bone-in
- ☐ 8 cups water

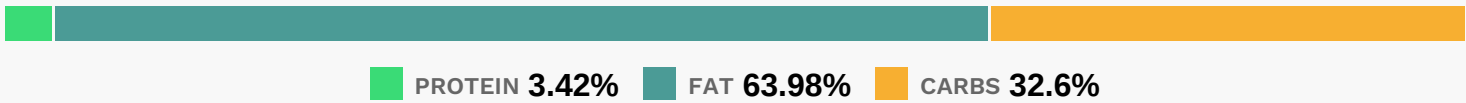
Equipment

- ☐ paper towels
- ☐ pot
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Combine 2 cups water, salt, sugar, and chili powder in large nonreactive pot. Bring to boil, stirring to dissolve salt and sugar.
- ☐ Remove from heat.
- ☐ Add 6 cups cold water. Cool brine completely.
- ☐ Add pork chops, pressing to submerge. Cover pot; chill at least 6 hours and up to 1 day.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Drain pork; pat dry with paper towels.
- ☐ Brush pork on both sides with oil; sprinkle with pepper. Grill pork to desired doneness, about 10 minutes per side or until instant-read thermometer registers 150°F for medium.
- ☐ Serve pork with Spicy Chutney Barbecue Sauce.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:7.5582609053539%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 204.48kcal (10.22%), Fat: 15.33g (23.58%), Saturated Fat: 2.21g (13.8%), Carbohydrates: 17.57g (5.86%), Net Carbohydrates: 14.99g (5.45%), Sugar: 14.2g (15.78%), Cholesterol: 2.55mg (0.85%), Sodium: 7222.67mg

(314.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin A: 2194.53IU (43.89%), Vitamin E: 4.85mg (32.33%), Vitamin K: 16.26µg (15.49%), Fiber: 2.58g (10.33%), Vitamin B6: 0.19mg (9.44%), Iron: 1.54mg (8.56%), Manganese: 0.15mg (7.71%), Copper: 0.13mg (6.33%), Vitamin B3: 1.18mg (5.92%), Potassium: 180.59mg (5.16%), Calcium: 48.03mg (4.8%), Vitamin B2: 0.08mg (4.54%), Selenium: 2.97µg (4.24%), Magnesium: 15.92mg (3.98%), Phosphorus: 31.54mg (3.15%), Vitamin B1: 0.04mg (2.94%), Zinc: 0.42mg (2.83%), Vitamin B5: 0.11mg (1.13%)