



## Brown Sugar Pork Chops with Peach Barbecue Sauce



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



829 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.8 cup t brown sugar dark packed
- ☐ 1 tablespoon canola oil
- ☐ 1 inch ginger fresh grated peeled
- ☐ 1 garlic clove minced
- ☐ 3 cups ice cubes
- ☐ 1.5 cups catsup

- ☐ 0.3 cup kosher salt
- ☐ 4 servings salt and pepper freshly ground to taste
- ☐ 4 servings oregano fresh
- ☐ 0.5 cup peach preserves
- ☐ 1 lb peaches peeled cut into 3/4-inch chunks
- ☐ 2 lb pork loin chops bone-in
- ☐ 1 medium size onion sweet finely chopped
- ☐ 2 cups water boiling

## Equipment

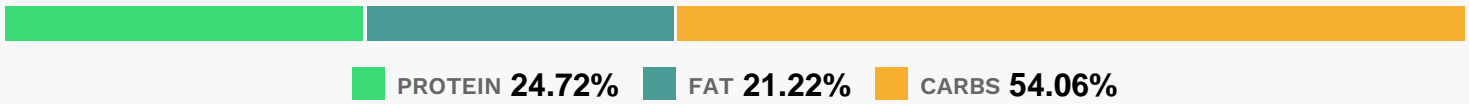
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer

## Directions

- ☐ Combine sugar and salt in a large bowl; add boiling water, stirring until sugar and salt dissolve. Stir in ice cubes to cool mixture.
- ☐ Add pork chops; cover and chill 30 minutes.
- ☐ Meanwhile, saut onion in hot oil in a medium saucepan over medium heat 2 minutes or until tender.
- ☐ Add garlic and ginger; cook, stirring constantly, 45 to 60 seconds or until fragrant.
- ☐ Add ketchup, peach preserves, and peaches. Reduce heat to low, and simmer, stirring occasionally, 30 minutes or until sauce thickens.
- ☐ Add vinegar; season with kosher salt and freshly ground pepper to taste.
- ☐ Remove from heat.
- ☐ Remove pork from brine, discarding brine. Rinse pork well, and pat dry with paper towels.
- ☐ Preheat grill to 350 to 400 (medium-high) heat.

- ☐
- Pour half of peach mixture into a bowl; reserve remaining mixture. Season both sides of pork with desired amount of kosher salt and freshly ground pepper.
- ☐
- Grill pork, covered with grill lid, 5 to 6 minutes on each side or until a meat thermometer inserted into thickest portion of each chop registers 145, basting pork occasionally with peach mixture in bowl.
- ☐
- Remove pork from grill; let stand 5 minutes before serving.
- ☐
- Serve with reserved peach mixture.

Nutrition Facts



Properties

Glycemic Index:46.31, Glycemic Load:19.93, Inflammation Score:-9, Nutrition Score:35.127391317616%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 13.55mg, Quercetin: 13.55mg, Quercetin: 13.55mg, Quercetin: 13.55mg

Nutrients (% of daily need)

Calories: 829.12kcal (41.46%), Fat: 19.79g (30.45%), Saturated Fat: 5.87g (36.7%), Carbohydrates: 113.43g (37.81%), Net Carbohydrates: 109.77g (39.92%), Sugar: 93.57g (103.97%), Cholesterol: 151.95mg (50.65%), Sodium: 8254.57mg (358.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.88g (103.76%), Selenium: 80.03µg (114.33%), Vitamin B1: 1.59mg (106.29%), Vitamin B3: 20.55mg (102.76%), Vitamin B6: 1.97mg (98.63%), Phosphorus: 596.8mg (59.68%), Potassium: 1453.1mg (41.52%), Vitamin B2: 0.66mg (38.8%), Zinc: 4.17mg (27.78%), Magnesium: 99.76mg (24.94%), Copper: 0.47mg (23.31%), Vitamin E: 3.3mg (22.03%), Vitamin B5: 2.03mg (20.26%), Vitamin B12: 1.2µg (20.03%), Vitamin C: 16.4mg (19.87%), Manganese: 0.38mg (19.22%), Vitamin A: 858.35IU (17.17%), Iron: 3.02mg (16.77%), Fiber: 3.66g (14.64%), Vitamin K: 15.08µg (14.36%), Calcium: 124.7mg (12.47%), Folate: 41.61µg (10.4%), Vitamin D: 0.91µg (6.05%)