



Buttermilk-Brined Pork Chops

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons pepper black freshly ground
- ☐ 2 cups nonfat buttermilk fat-free
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1 teaspoon sage fresh chopped
- ☐ 2 tablespoons kosher salt
- ☐ 1 tablespoon lemon zest grated
- ☐ 24 ounce pork chops bone-in (1/)
- ☐ 2 tablespoons sugar

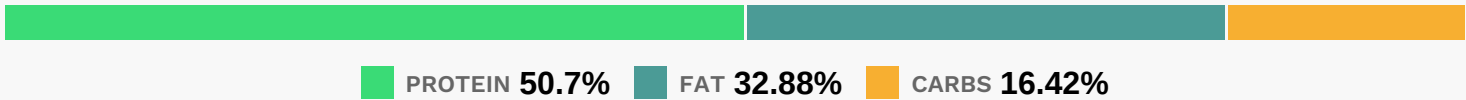
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Combine first 6 ingredients in a large zip-top plastic bag; shake well to dissolve salt and sugar.
- ☐ Add pork; seal and refrigerate overnight, turning bag occasionally.
- ☐ Remove pork from bag; discard brine. Pat pork dry with a paper towel.
- ☐ Sprinkle pork with pepper.
- ☐ Heat a large nonstick grill pan over medium-high heat. Coat the pan with cooking spray.
- ☐ Add pork; cook 3 1/2 minutes on each side or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:25.52, Glycemic Load:4.31, Inflammation Score:-2, Nutrition Score:23.253913319953%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 335.68kcal (16.78%), Fat: 11.89g (18.29%), Saturated Fat: 4.2g (26.23%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 12.91g (4.69%), Sugar: 11.97g (13.3%), Cholesterol: 116.33mg (38.78%), Sodium: 3679.08mg (159.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.24g (82.48%), Copper: 1.63mg (81.44%), Selenium: 56.41µg (80.58%), Vitamin B1: 1.14mg (75.87%), Vitamin B3: 13.6mg (68.03%), Vitamin B6: 1.24mg (62.02%), Phosphorus: 386.38mg (38.64%), Vitamin B2: 0.32mg (18.79%), Potassium: 653.29mg (18.67%), Zinc: 2.67mg (17.81%), Vitamin B12: 0.9µg (15.03%), Vitamin B5: 1.26mg (12.56%), Magnesium: 47.12mg (11.78%), Manganese: 0.2mg (9.93%), Iron: 1.05mg (5.83%), Vitamin D: 0.68µg (4.54%), Vitamin C: 3.36mg (4.07%), Calcium: 39.3mg

(3.93%), Fiber: 0.45g (1.81%), Vitamin E: 0.24mg (1.57%), Vitamin K: 1.64µg (1.56%)