



Caribbean Jerk Pork Chops



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



20

CALORIES



154 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup barbecue sauce city-style store-bought



0.3 teaspoon cinnamon



0.8 teaspoon thyme dried



1 garlic clove thinly sliced



1 teaspoon ground allspice



0.3 teaspoon ground ginger



1 scotch bonnet peppers seeded chopped



20 servings salt and pepper freshly ground

- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 1 small onion coarsely chopped
- ☐ 0.5 cup fries
- ☐ 48 ounces pork chops
- ☐ 1 spring onion thinly sliced
- ☐ 1 tablespoon vegetable oil plus more for brushing

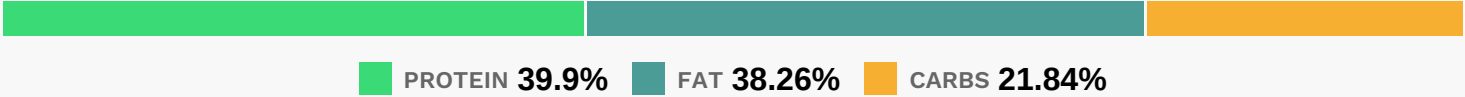
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ In a mini food processor, combine the habanero, onion, scallion, garlic, allspice, thyme, ginger, nutmeg and cinnamon.
- ☐ Add 1 1/2 teaspoons of salt and 1 teaspoon of pepper. Process until finely chopped.
- ☐ Add the 1 tablespoon of oil and process to a smooth paste.
- ☐ In a small bowl, whisk 1 tablespoon of the paste with the barbecue sauce.
- ☐ Spread the remaining paste all over the chops and let stand at room temperature for 30 minutes.
- ☐ Light a gas grill. Wrap the wood chips in heavy-duty foil, pierce the packet all over with a skewer and add to the grill. Cover and let the chips begin to smoke, about 5 minutes.
- ☐ Lightly brush the chops with oil and season with salt. Grill the chops, covered, over moderately high heat, turning and shifting the chops occasionally, until they are lightly charred and a meat thermometer inserted nearest the bone registers 140, 18 to 20 minutes.
- ☐ Transfer the chops to a platter and serve with the spiced barbecue sauce on the side.

Nutrition Facts



Properties

Glycemic Index:14.42, Glycemic Load:1.1, Inflammation Score:-2, Nutrition Score:8.6817390322685%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 154.1kcal (7.71%), Fat: 6.41g (9.85%), Saturated Fat: 2.06g (12.87%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 7.69g (2.8%), Sugar: 4.95g (5.5%), Cholesterol: 45.59mg (15.2%), Sodium: 403.14mg (17.53%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 15.03g (30.06%), Selenium: 22.8µg (32.57%), Vitamin B1: 0.46mg (30.97%), Vitamin B3: 5.68mg (28.38%), Vitamin B6: 0.52mg (26.25%), Phosphorus: 163.16mg (16.32%), Potassium: 323.29mg (9.24%), Vitamin B2: 0.14mg (8.12%), Zinc: 1.12mg (7.44%), Vitamin B12: 0.36µg (6.01%), Vitamin B5: 0.56mg (5.57%), Magnesium: 21.57mg (5.39%), Iron: 0.6mg (3.32%), Vitamin K: 3.49µg (3.32%), Manganese: 0.06mg (3.25%), Copper: 0.05mg (2.74%), Fiber: 0.54g (2.15%), Vitamin C: 1.66mg (2.01%), Vitamin D: 0.27µg (1.81%), Vitamin E: 0.27mg (1.8%), Calcium: 13.41mg (1.34%)