



Caribbean Jerk Pork Chops

 Gluten Free  Dairy Free

READY IN



750 min.

SERVINGS



6

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar packed
- 1 tablespoon canola oil
- 0.3 teaspoon ground pepper to taste
- 0.5 teaspoon thyme dried crushed
- 1 tablespoon spring onion chopped
- 0.8 teaspoon ground allspice
- 0.8 teaspoon ground cinnamon
- 0.8 teaspoon pepper black

- 0.3 cup juice of lemon
- 0.3 cup onion chopped
- 6 pork chops lean
- 0.8 teaspoon salt
- 0.8 cup water

Equipment

- food processor
- blender
- grill

Directions

- Combine water, lemon juice, onion, brown sugar, green onions, oil, salt, allspice, cinnamon, black pepper, thyme, and cayenne pepper in a blender or food processor. Blend until smooth. Reserve 1/2 cup for basting.
- Place pork chops in shallow glass dish.
- Pour remaining marinade over the meat. Cover, and refrigerate at least 12 hours, but no longer than 24 hours.
- Preheat grill for medium heat.
- Place grate 4 to 5 inches above heat source.
- Oil the grill grate. Arrange chops on grate, and discard marinade. Cover grill, and cook chops for 10 minutes, turning once, or to desired doneness.

Nutrition Facts

 **PROTEIN 48.56%**  **FAT 44.03%**  **CARBS 7.41%**

Properties

Glycemic Index:23.83, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:16.425652255183%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 245.18kcal (12.26%), Fat: 11.73g (18.05%), Saturated Fat: 3.48g (21.75%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 3.92g (1.43%), Sugar: 2.7g (3%), Cholesterol: 89.78mg (29.93%), Sodium: 358.03mg (15.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.11g (58.22%), Selenium: 44.48µg (63.54%), Vitamin B1: 0.9mg (60.2%), Vitamin B3: 10.76mg (53.79%), Vitamin B6: 1mg (49.77%), Phosphorus: 308.2mg (30.82%), Potassium: 541.61mg (15.47%), Vitamin B2: 0.25mg (15%), Zinc: 2.12mg (14.16%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.01mg (10.11%), Magnesium: 38.45mg (9.61%), Vitamin C: 6.3mg (7.64%), Manganese: 0.12mg (5.86%), Vitamin K: 5.75µg (5.48%), Iron: 0.9mg (5.02%), Copper: 0.09mg (4.7%), Vitamin E: 0.65mg (4.33%), Vitamin D: 0.54µg (3.57%), Calcium: 22.65mg (2.26%), Fiber: 0.52g (2.09%), Folate: 5.52µg (1.38%), Vitamin A: 57.62IU (1.15%)