



Cider-Brined Pork Chops with Grilled Apples

 Gluten Free

READY IN



27 min.

SERVINGS



15

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups apple cider hard
- ☐ 6 tablespoons apple jelly
- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 2 tablespoons calvados (apple brandy)
- ☐ 1 tablespoon rosemary dried
- ☐ 1 tablespoon sage dried
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 4 granny smith apples cut into 6 wedges and cores removed

- ☐ 0.5 cup kosher salt
- ☐ 15 servings olive oil extra-virgin
- ☐ 4 center-cut pork loin chops thick trimmed
- ☐ 2 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags

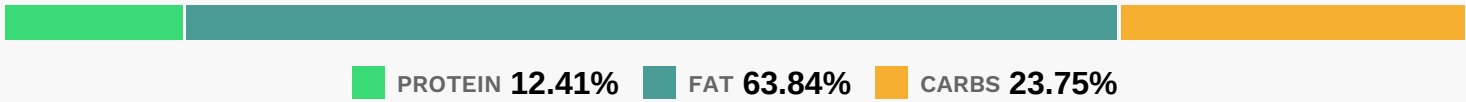
Directions

- ☐ In a large bowl mix the brine ingredients.
- ☐ Put the chops in a large, resealable plastic bag and pour in the brine. Press the air out of the bag and seal tightly.
- ☐ Place the bag in a bowl or a rimmed dish and refrigerate for 1 to 1 hours, turning the bag every 30 minutes.
- ☐ Remove the chops from the bag and discard the brine. Rinse the chops under cold water and pat dry with paper towels. Lightly brush or spray the chops with oil and let stand at room temperature for 20 to 30 minutes before grilling. Prepare the grill for direct cooking over medium heat.
- ☐ In a small saucepan over medium-low heat, warm the jelly and butter, stirring until the jelly melts.
- ☐ Remove from the heat and stir in the Calvados. If the glaze cools, reheat gently until fluid. Set aside half of the glaze to serve as a sauce with the grilled pork.
- ☐ Brush the remaining glaze all over the apple slices and then the chops.
- ☐ Brush the cooking grates clean. Grill the chops over direct medium heat, with the lid closed as much as possible, until they are slightly pink in the center, about 10 minutes, turning once.
- ☐ Remove the chops from the grill and let rest for 3 to 5 minutes. While they rest, grill the apples over direct medium heat until crisp-tender, about 2 minutes, turning once.

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Serve the chops and apples warm with the reserved glaze.

Nutrition Facts



Properties

Glycemic Index:16.32, Glycemic Load:5.86, Inflammation Score:-3, Nutrition Score:6.6221739209217%

Flavonoids

Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 4.77mg, Epicatechin: 4.77mg, Epicatechin: 4.77mg, Epicatechin: 4.77mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 256.99kcal (12.85%), Fat: 18.16g (27.94%), Saturated Fat: 3.81g (23.81%), Carbohydrates: 15.2g (5.07%), Net Carbohydrates: 13.72g (4.99%), Sugar: 11.2g (12.45%), Cholesterol: 27.95mg (9.32%), Sodium: 3794.26mg (164.97%), Alcohol: 0.67g (100%), Alcohol %: 0.59% (100%), Protein: 7.94g (15.88%), Selenium: 12.06µg (17.23%), Vitamin B1: 0.26mg (17.03%), Vitamin E: 2.22mg (14.83%), Vitamin B3: 2.94mg (14.68%), Vitamin B6: 0.29mg (14.61%), Vitamin K: 13.87µg (13.21%), Phosphorus: 90.44mg (9.04%), Potassium: 222.08mg (6.35%), Fiber: 1.48g (5.94%), Vitamin B2: 0.09mg (5.37%), Manganese: 0.08mg (4.18%), Zinc: 0.61mg (4.09%), Vitamin C: 3.32mg (4.03%), Magnesium: 14.69mg (3.67%), Iron: 0.63mg (3.5%), Vitamin B12: 0.19µg (3.21%), Vitamin B5: 0.31mg (3.07%), Copper: 0.05mg (2.61%), Calcium: 18.27mg (1.83%), Vitamin A: 91.16IU (1.82%), Vitamin D: 0.17µg (1.14%)