



Classic BBQ Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



90 min.

SERVINGS



30

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup & spicy barbecue sauce thick kraft
- 1.5 lb pork chops bone-in
- 0.5 tsp ground pepper black
- 2 Tbsp kosher salt
- 2 tsp onion powder
- 1 Tbsp paprika
- 2 Tbsp sugar divided
- 2 cups water

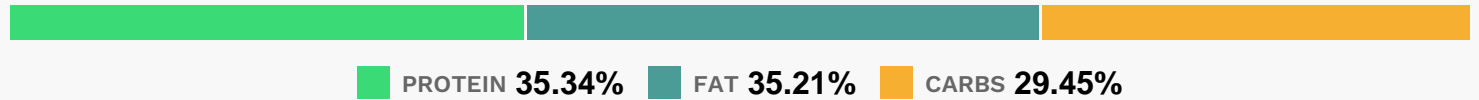
Equipment

- grill
- ziploc bags

Directions

- Mix water, 2 Tbsp. sugar and salt until sugar and salt are dissolved.
- Pour over chops in resealable plastic bag. Seal bag; turn to evenly coat chops with brine. Refrigerate 1 hour. Meanwhile, mix remaining sugar and seasonings.
- Heat grill to medium-high heat.
- Remove chops from brine; discard bag and brine. Coat chops evenly with seasoning mixture.
- Grill 5 to 6 min. on each side or until done (145F), brushing with barbecue sauce for the last few minutes.
- Remove from grill.
- Let stand 3 min.

Nutrition Facts



Properties

Glycemic Index:3.9, Glycemic Load:0.57, Inflammation Score:-1, Nutrition Score:2.1604347734348%

Nutrients (% of daily need)

Calories: 41.46kcal (2.07%), Fat: 1.6g (2.46%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 3.01g (1%), Net Carbohydrates: 2.86g (1.04%), Sugar: 2.42g (2.68%), Cholesterol: 11.74mg (3.91%), Sodium: 524.62mg (22.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.23%), Selenium: 5.86µg (8.37%), Vitamin B6: 0.13mg (6.41%), Vitamin B3: 1.18mg (5.89%), Vitamin B1: 0.09mg (5.67%), Phosphorus: 37.78mg (3.78%), Vitamin A: 123.52IU (2.47%), Vitamin B2: 0.04mg (2.23%), Zinc: 0.33mg (2.19%), Potassium: 76.7mg (2.19%), Vitamin B12: 0.09µg (1.5%), Magnesium: 5.68mg (1.42%), Vitamin B5: 0.13mg (1.35%), Iron: 0.2mg (1.11%)