



Coffee and Molasses-Brined Pork Chops

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

READY IN



45 min.

SERVINGS



4

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons brown sugar dark
- 1 cup ice cubes
- 0.1 teaspoon kosher salt
- 0.3 cup kosher salt (such as Diamond Crystal)
- 2 tablespoons blackstrap molasses
- 1 cup hickory wood chips
- 24 ounce center-cut pork chops bone-in (1/)
- 8 teaspoons pepper-garlic spice rub

- 1.5 cups strong coffee decoction chilled brewed
- 2 cups water
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- paper towels
- grill
- ziploc bags

Directions

- Combine first 6 ingredients in a large bowl, stirring until salt and sugar dissolve.
- Pour salt mixture into a large zip-top plastic bag.
- Add ice and pork; seal. Refrigerate for 3 hours, turning the bag occasionally.
- Soak wood chips in water 1 hour.
- Drain well.
- Prepare grill for indirect grilling, heating one side to medium-high and leaving one side with no heat.
- Place wood chips on hot coals.
- Remove pork from bag; discard brine. Pat pork dry with paper towels.
- Sprinkle 1/8 teaspoon salt over pork. Rub 8 teaspoons Pepper-Garlic Spice Rub evenly over both sides of pork.
- Place pork on grill rack coated with cooking spray over medium-high heat; grill 2 minutes on each side.
- Place pork on unheated side of grill; grill 3 minutes on each side or until done.
- Remove from heat.
- Let stand 5 minutes before serving.

Nutrition Facts



■ PROTEIN 31.42% ■ FAT 38.19% ■ CARBS 30.39%

Properties

Glycemic Index:27.08, Glycemic Load:13.05, Inflammation Score:-5, Nutrition Score:27.467390957086%

Flavonoids

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Myricetin: 0.04mg,
Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin:
0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 497.07kcal (24.85%), Fat: 20.98g (32.27%), Saturated Fat: 6.99g (43.69%), Carbohydrates: 37.57g
(12.52%), Net Carbohydrates: 34.46g (12.53%), Sugar: 16.75g (18.61%), Cholesterol: 113.97mg (37.99%), Sodium:
7590.67mg (330.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 35.55mg (11.85%), Protein: 38.83g
(77.66%), Selenium: 58.81µg (84.02%), Vitamin B1: 1.21mg (80.56%), Vitamin B3: 15.33mg (76.67%), Vitamin B6:
1.47mg (73.29%), Phosphorus: 445.48mg (44.55%), Potassium: 1153.15mg (32.95%), Manganese: 0.62mg (30.9%),
Vitamin K: 32.35µg (30.81%), Vitamin B2: 0.41mg (24.35%), Magnesium: 94.02mg (23.5%), Iron: 3.87mg (21.52%),
Zinc: 3.05mg (20.34%), Vitamin B5: 1.87mg (18.74%), Vitamin B12: 0.9µg (15.03%), Fiber: 3.11g (12.45%), Copper:
0.25mg (12.25%), Calcium: 101.11mg (10.11%), Vitamin C: 4.76mg (5.77%), Folate: 20.74µg (5.18%), Vitamin D: 0.68µg
(4.54%), Vitamin A: 115.44IU (2.31%), Vitamin E: 0.29mg (1.91%)