



Currant Glazed Pork Chops

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 Dash ground cloves
- ☐ 1 Dash ground cinnamon
- ☐ 1.5 tablespoons catsup
- ☐ 0.3 teaspoon pepper
- ☐ 16 ounce center-cut pork loin chops boneless (1/)
- ☐ 2 tablespoons currant jelly red
- ☐ 4 servings try build-a-meal
- ☐ 0.1 teaspoon salt

☐ 1.5 teaspoons vinegar white

Equipment

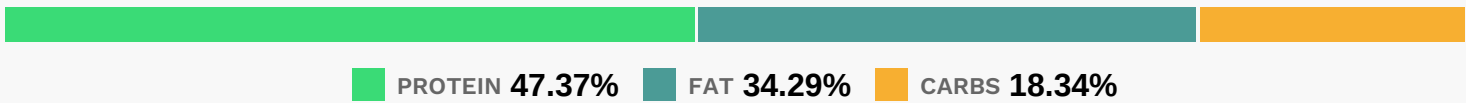
☐ sauce pan

☐ grill

Directions

- ☐ Combine first 5 ingredients in a small saucepan. Cook over medium heat until jelly melts, stirring constantly.
- ☐ Preheat grill.
- ☐ Sprinkle both sides of pork with pepper and salt. Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place pork on rack; brush with jelly mixture. Grill, covered, 5 minutes on each side or until done, basting frequently with jelly mixture.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:3.75, Inflammation Score:-2, Nutrition Score:13.999565273523%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 214.44kcal (10.72%), Fat: 7.95g (12.23%), Saturated Fat: 2.8g (17.47%), Carbohydrates: 9.56g (3.19%), Net Carbohydrates: 8.96g (3.26%), Sugar: 6.07g (6.75%), Cholesterol: 75.98mg (25.33%), Sodium: 182.11mg (7.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.71g (49.42%), Selenium: 38.33µg (54.75%), Vitamin B1: 0.76mg (50.81%), Vitamin B3: 9.21mg (46.03%), Vitamin B6: 0.84mg (41.99%), Phosphorus: 266.65mg (26.67%), Manganese: 0.3mg (14.78%), Vitamin B2: 0.23mg (13.56%), Potassium: 459.12mg (13.12%), Zinc: 1.84mg (12.28%), Vitamin B12: 0.6µg (10.02%), Magnesium: 34.13mg (8.53%), Vitamin B5: 0.85mg (8.48%), Copper: 0.09mg (4.44%), Iron: 0.76mg (4.24%), Vitamin D: 0.45µg (3.02%), Fiber: 0.6g (2.41%), Vitamin E: 0.28mg (1.9%), Calcium: 16.14mg (1.61%), Vitamin C: 1.12mg (1.36%)