



Dijon Grilled Pork Chops



Gluten Free



Dairy Free

READY IN



505 min.

SERVINGS



4

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons apple juice unsweetened
- ☐ 6 tablespoons brown sugar
- ☐ 6 tablespoons dijon mustard
- ☐ 32 ounce pork loin chops bone-in
- ☐ 3 tablespoons worcestershire sauce

Equipment

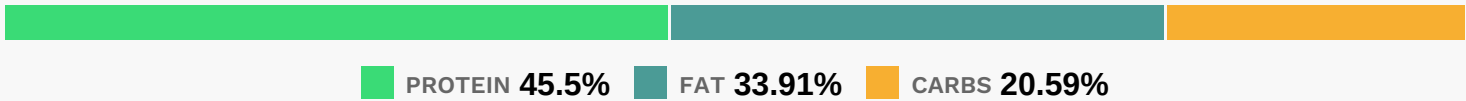
- ☐ bowl
- ☐ plastic wrap

- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Mix mustard, brown sugar, apple juice, and Worcestershire sauce together in a bowl until marinade is smooth.
- ☐ Pour 2/3 the marinade into a large resealable plastic bag.
- ☐ Add pork chops, coat with marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 8 hours to overnight. Cover bowl with remaining marinade with plastic wrap and refrigerate.
- ☐ Remove pork chops from marinade and discard bag and marinade.
- ☐ Preheat grill for medium heat and lightly oil the grate.
- ☐ Cook the pork chops on the preheated grill, basting with reserved marinade, until no longer pink in the center, 4 to 5 minutes per side. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).
- ☐ Let pork chops stand for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:18.19, Glycemic Load:0.58, Inflammation Score:-3, Nutrition Score:26.827391295329%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 448.65kcal (22.43%), Fat: 16.51g (25.41%), Saturated Fat: 5.62g (35.1%), Carbohydrates: 22.57g (7.52%), Net Carbohydrates: 21.58g (7.85%), Sugar: 20.14g (22.37%), Cholesterol: 151.95mg (50.65%), Sodium: 527.6mg (22.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.86g (99.73%), Selenium: 83.01µg (118.59%), Vitamin B1: 1.57mg (104.44%), Vitamin B3: 18.36mg (91.8%), Vitamin B6: 1.67mg (83.57%), Phosphorus: 546.02mg

(54.6%), Potassium: 1017mg (29.06%), Vitamin B2: 0.45mg (26.64%), Zinc: 3.69mg (24.61%), Vitamin B12: 1.2µg (20.03%), Magnesium: 73.61mg (18.4%), Vitamin B5: 1.75mg (17.46%), Iron: 2.31mg (12.83%), Copper: 0.18mg (8.95%), Manganese: 0.13mg (6.48%), Vitamin D: 0.91µg (6.05%), Calcium: 59.53mg (5.95%), Fiber: 0.99g (3.96%), Vitamin E: 0.38mg (2.57%), Vitamin C: 1.85mg (2.24%)