



WHATSheATE



## Double Thick-Cut Pork Chops



Gluten Free



Dairy Free

READY IN



1070 min.

SERVINGS



8

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 servings brine-packed olives (see below)
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 2 garlic clove crushed
- ☐ 2 tablespoons spring onion finely chopped
- ☐ 2 tablespoons jalapeno minced seeded
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons juice of lime

- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 pound pork chops bone-in thick ()
- ☐ 1 bunch rosemary
- ☐ 1 bunch sage
- ☐ 0.7 cup sugar
- ☐ 1 bunch thyme sprigs
- ☐ 0.3 cup water

## Equipment

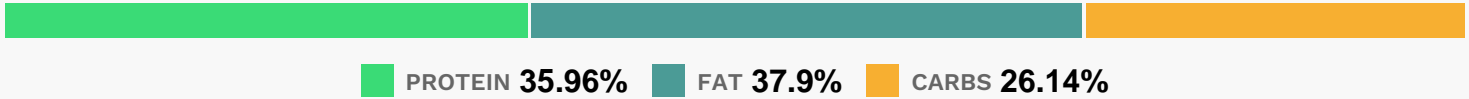
- ☐ paper towels
- ☐ sauce pan
- ☐ wooden spoon
- ☐ grill
- ☐ kitchen thermometer
- ☐ cutting board

## Directions

- ☐ To prepare pork, add pork chops to Basic Brine; refrigerate for 16 hours, turning occasionally.
- ☐ To prepare glaze, combine 2/3 cup sugar, 1/3 cup water, jalapeo pepper, and garlic in a small saucepan; bring to a simmer, stirring just until sugar dissolves. Stir in green onions and lime juice.
- ☐ Remove from heat, and let stand for 1 hour.
- ☐ Prepare charcoal grill to high heat. Set up an elevated grill rack 18 inches above surface of coals, using a second grill rack that is set atop 2 stacks of 2 bricks each.
- ☐ Tie herb sprig bunches tightly to the handle of a long wooden spoon.
- ☐ Remove pork from brine. Pat pork dry with paper towels; discard brine.
- ☐ Place pork on elevated grill rack; grill 1 minute on each side. Grill 8 minutes, turning every 2 minutes. Grill 1 minute on each edge of pork. Continue grilling until a thermometer registers 115, turning and basting with herb brush and jalapeo glaze every 2 minutes (about 26 minutes total).

- ☐ Remove pork to a platter; lightly baste.
- ☐ Let stand 15 minutes. Maintain grill at medium-high heat.
- ☐ Carefully remove the elevated grill rack and bricks.
- ☐ Place pork on the lower grill rack; grill 7 minutes or until thermometer registers 140, turning and basting every 1 minute. Singe herbs for 5 seconds after final basting. Finely chop herbs; reserve.
- ☐ Combine olive oil, parsley, black pepper, salt, and reserved chopped herbs on a cutting board.
- ☐ Add pork to oil mixture; turn to coat.
- ☐ Let stand 10 minutes.
- ☐ Cut pork into thin slices. Turn slices on board dressing to coat.
- ☐ Serve pork with dressing.
- ☐ Combine 5 cups water, 1/4 cup kosher salt, 1 tablespoon black peppercorns, 1 tablespoon chopped fresh thyme, 1 tablespoon sugar, 8 garlic cloves, 3 bay leaves, and 1 halved lemon in a medium saucepan; bring to a boil.
- ☐ Remove from heat; cool. Refrigerate brine overnight.

## Nutrition Facts



## Properties

Glycemic Index:42.89, Glycemic Load:11.86, Inflammation Score:-6, Nutrition Score:19.5199999903181%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 277.72kcal (13.89%), Fat: 11.57g (17.8%), Saturated Fat: 3.33g (20.78%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 17.45g (6.35%), Sugar: 16.86g (18.73%), Cholesterol: 75.98mg (25.33%), Sodium: 158.21mg (6.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.69g (49.38%), Copper: 3.92mg (196.15%), Selenium: 37.79µg (53.98%), Vitamin B1: 0.77mg (51.12%), Vitamin B3: 9.15mg (45.74%), Vitamin B6: 0.86mg (42.85%), Phosphorus:

261.08mg (26.11%), Vitamin K: 22.53µg (21.46%), Vitamin B2: 0.22mg (13.18%), Potassium: 459.31mg (13.12%), Zinc: 1.83mg (12.23%), Vitamin B12: 0.6µg (10.02%), Vitamin C: 7.62mg (9.24%), Manganese: 0.18mg (9.23%), Magnesium: 34.95mg (8.74%), Vitamin B5: 0.85mg (8.51%), Iron: 1.02mg (5.65%), Vitamin E: 0.81mg (5.37%), Vitamin A: 177.11IU (3.54%), Vitamin D: 0.45µg (3.02%), Calcium: 27.01mg (2.7%), Fiber: 0.5g (1.99%), Folate: 4.65µg (1.16%)