



Easy Grilled Pork Chops



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 24 ounces pork chops bone-in
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup honey
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 tablespoons vegetable oil

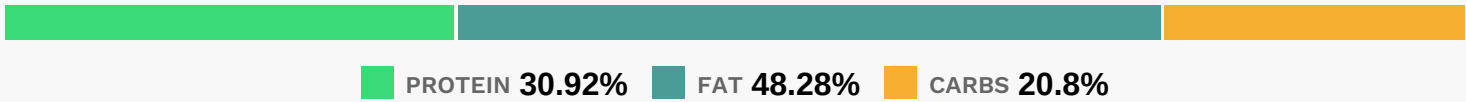
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Begin by making the marinade. In a small bowl, whisk together the honey, oil, vinegar, cumin and red pepper flakes. Easy, right?
- ☐ Sprinkle both sides of the pork chops with salt and pepper and place in a re-sealable plastic bag with the marinade.
- ☐ Let rest on the counter for 1 hour. That's easy.
- ☐ Heat a grill or grill pan over medium heat.
- ☐ Remove the pork chops from the bag and lightly sprinkle with salt and pepper.
- ☐ Place on the grill and cook until the pork chop releases from the grill, about 4 minutes. Flip and cook on the other side for another 3 minutes. If using a grill pan, be sure to do in batches so you don't steam the chops. And don't worry if you have neither; you can do this in a pan. See, easy!

Nutrition Facts



Properties

Glycemic Index:32.32, Glycemic Load:9.14, Inflammation Score:-2, Nutrition Score:14.559130332392%

Nutrients (% of daily need)

Calories: 345.01kcal (17.25%), Fat: 18.47g (28.42%), Saturated Fat: 4.87g (30.44%), Carbohydrates: 17.9g (5.97%), Net Carbohydrates: 17.7g (6.43%), Sugar: 17.44g (19.38%), Cholesterol: 88.03mg (29.34%), Sodium: 76.16mg (3.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.62g (53.23%), Selenium: 43.37µg (61.96%), Vitamin B6: 0.9mg (45.1%), Vitamin B3: 8.52mg (42.61%), Vitamin B1: 0.62mg (41.51%), Phosphorus: 271.18mg (27.12%), Zinc:

2.34mg (15.61%), Vitamin B2: 0.25mg (14.9%), Potassium: 466.47mg (13.33%), Vitamin K: 12.96µg (12.34%), Vitamin B12: 0.68µg (11.27%), Vitamin B5: 0.92mg (9.16%), Magnesium: 34.88mg (8.72%), Iron: 1.29mg (7.15%), Vitamin E: 0.82mg (5.48%), Copper: 0.1mg (4.82%), Vitamin D: 0.64µg (4.25%), Manganese: 0.07mg (3.44%), Calcium: 31.7mg (3.17%), Vitamin A: 88.68IU (1.77%)