


 4%
HEALTH SCORE

Grilled Pork Chops with Chunky Andouille Barbecue Sauce

 Gluten Free  Dairy Free

READY IN

35 min.

SERVINGS

6

CALORIES

170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 7 ounces andouille sausage diced
- 0.3 cup balsamic vinegar
- 2 teaspoons chili powder
- 1 tablespoon t brown sugar dark
- 1 teaspoon ground cumin
- 6 servings chili powder
- 1.5 cups onion chopped

- 6 rib pork chops 1-inch-thick
- 2 cups tomato sauce

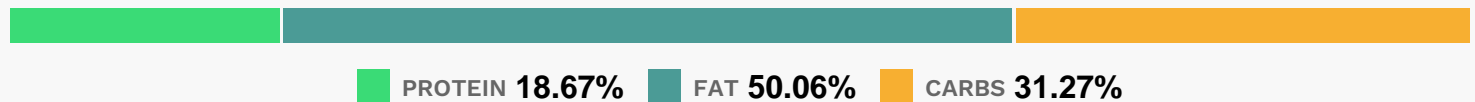
Equipment

- sauce pan
- grill

Directions

- Spray grill rack with nonstick spray and prepare barbecue (medium heat). Sauté sausage and onion in heavy large saucepan over medium-high heat until onion begins to brown, about 8 minutes.
- Add tomato sauce, vinegar, sugar, 2 teaspoons chili powder, and 1 teaspoon cumin. Bring to boil; remove from heat.
- Meanwhile, sprinkle chops on both sides with salt, then chili powder and cumin. Grill chops until cooked through but not dry, about 9 minutes per side.
- Serve chops with sauce.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:3.14, Inflammation Score:-7, Nutrition Score:9.483043535896%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 170.36kcal (8.52%), Fat: 9.81g (15.09%), Saturated Fat: 3.07g (19.16%), Carbohydrates: 13.79g (4.6%), Net Carbohydrates: 10.92g (3.97%), Sugar: 8.69g (9.66%), Cholesterol: 29.11mg (9.7%), Sodium: 705.7mg (30.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.23g (16.45%), Vitamin A: 1162.92IU (23.26%), Vitamin E: 2.51mg (16.74%), Vitamin B3: 3.29mg (16.43%), Potassium: 490.31mg (14.01%), Vitamin B6: 0.26mg (12.89%), Selenium:

8.45µg (12.08%), Fiber: 2.87g (11.47%), Iron: 2.04mg (11.35%), Manganese: 0.21mg (10.62%), Vitamin C: 8.72mg (10.57%), Phosphorus: 96.95mg (9.7%), Vitamin B1: 0.14mg (9.21%), Vitamin B2: 0.15mg (8.83%), Copper: 0.17mg (8.34%), Zinc: 1.21mg (8.09%), Magnesium: 28.45mg (7.11%), Vitamin B5: 0.57mg (5.75%), Vitamin B12: 0.33µg (5.49%), Vitamin K: 5.28µg (5.03%), Folate: 16.08µg (4.02%), Calcium: 40.11mg (4.01%), Vitamin D: 0.47µg (3.11%)