



Glazed Pineapple Chops

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup heinz bbq sauce classic & sweet thick
- 1.5 lb pork chops bone-in
- 0.5 tsp ground cinnamon and mustard dry
- 8 oz pineapple in juice crushed undrained canned

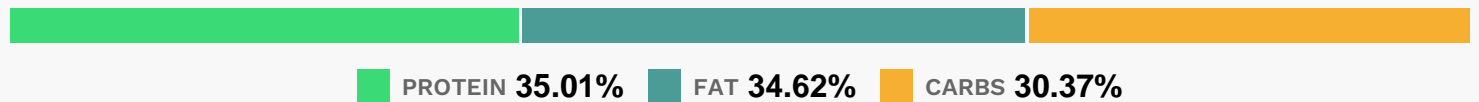
Equipment

- grill

Directions

- Heat grill to medium heat.
- Mix all ingredients except chops until blended. Reserve 1/2 cup barbecue sauce mixture for later use.
- Grill chops 5 min. on each side.
- Brush with half of the remaining barbecue sauce mixture; grill 3 to 5 min. or until chops are done (145F), turning and brushing occasionally with remaining barbecue sauce mixture.
- Remove chops from grill.
- Let stand 3 min.
- Serve chops with reserved barbecue sauce mixture.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.0969565355259%

Nutrients (% of daily need)

Calories: 62.73kcal (3.14%), Fat: 2.38g (3.66%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 4.48g (1.63%), Sugar: 3.99g (4.44%), Cholesterol: 17.61mg (5.87%), Sodium: 87.8mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.83%), Selenium: 8.87µg (12.67%), Vitamin B6: 0.19mg (9.6%), Vitamin B1: 0.14mg (9.16%), Vitamin B3: 1.77mg (8.83%), Phosphorus: 55.96mg (5.6%), Potassium: 118.53mg (3.39%), Vitamin B2: 0.05mg (3.22%), Zinc: 0.48mg (3.19%), Magnesium: 9.19mg (2.3%), Vitamin B12: 0.14µg (2.25%), Vitamin B5: 0.19mg (1.92%), Copper: 0.03mg (1.68%), Vitamin C: 1.11mg (1.35%), Iron: 0.24mg (1.35%)