



Glazed Sweet and Sour Grilled Pork Chops



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup chili sauce
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons rice vinegar
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 24 oz pork loin chops bone-in
- ☐ 0.5 teaspoon highest available proof grain spirit
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon salt

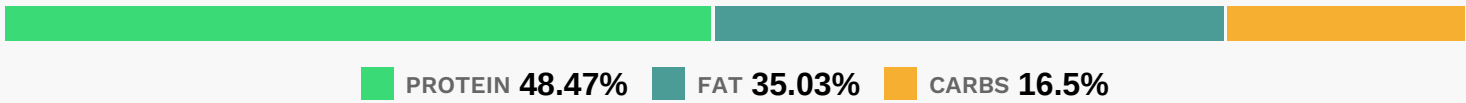
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In small saucepan, combine all glaze ingredients. Cook over low heat for 3 to 5 minutes or until thoroughly heated and flavors are blended, stirring occasionally.
- ☐ Sprinkle both sides of each pork chop with garlic-pepper blend, paprika and salt.
- ☐ When grill is heated, place pork chops on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 10 to 15 minutes or until no longer pink in center, turning once or twice and brushing with glaze during last 5 minutes of cooking time.
- ☐ Bring any remaining glaze to a boil.
- ☐ Serve warm glaze with pork chops.

Nutrition Facts



Properties

Glycemic Index:43.32, Glycemic Load:4.76, Inflammation Score:-4, Nutrition Score:20.355652122394%

Nutrients (% of daily need)

Calories: 316.88kcal (15.84%), Fat: 11.99g (18.44%), Saturated Fat: 4.19g (26.16%), Carbohydrates: 12.7g (4.23%), Net Carbohydrates: 12.11g (4.41%), Sugar: 10.95g (12.17%), Cholesterol: 113.97mg (37.99%), Sodium: 456.45mg (19.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.31g (74.61%), Selenium: 57.17µg (81.67%), Vitamin B1: 1.15mg (76.9%), Vitamin B3: 13.95mg (69.76%), Vitamin B6: 1.27mg (63.67%), Phosphorus: 399.55mg (39.96%), Potassium: 713.42mg (20.38%), Vitamin B2: 0.34mg (19.76%), Zinc: 2.75mg (18.34%), Vitamin B12: 0.9µg (15.03%), Vitamin B5: 1.26mg (12.59%), Magnesium: 49.03mg (12.26%), Copper: 0.13mg (6.42%), Iron: 1.12mg (6.24%), Vitamin A: 246.16IU (4.92%), Vitamin D: 0.68µg (4.54%), Vitamin E: 0.64mg (4.26%), Vitamin C: 2.8mg (3.4%), Fiber: 0.59g (2.35%), Manganese: 0.04mg (2.17%), Calcium: 17.89mg (1.79%), Vitamin K: 1.11µg (1.06%)