



## Grilled Apple Brined Pork Chops

 Gluten Free  Dairy Free

READY IN



260 min.

SERVINGS



4

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups apple juice
- 1 tablespoon grill seasoning
- 1 tablespoon coarsely ground pepper black
- 0.3 cup brown sugar light
- 5 rib end pork chops
- 1 teaspoon pepper flakes red
- 0.3 cup salt

### Equipment

- bowl
- paper towels
- pot
- grill
- grill pan

## Directions

- In a large pot over medium-high heat, add 1 cup of water, apple juice, pepper, salt, sugar and red pepper flakes. Bring to a simmer making sure to stir occasionally to dissolve the salt and sugar.
- Remove from heat and add to a large bowl with 2 cups of ice.
- Once the brined has cooled add pork chops. Brine for at least 4 hours or up to 24 hours in the refrigerator.
- Remove pork from brine, rinse with cold water and pat dry with paper towels.
- Heat grill or grill pan over medium heat.
- Sprinkle 1 side of the pork chops with 1/2 the grill seasoning.
- Place chops on hot oiled grill, seasoned side down.
- Sprinkle the topside with remaining grill seasoning. Grill chops for 4 to 5 minutes per side.
- Let rest for 5 minutes before serving.

## Nutrition Facts



**PROTEIN 2.34%** **FAT 3.21%** **CARBS 94.45%**

## Properties

Glycemic Index:18.19, Glycemic Load:5.79, Inflammation Score:-2, Nutrition Score:3.3300000240459%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## Nutrients (% of daily need)

Calories: 119.47kcal (5.97%), Fat: 0.44g (0.68%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 28.45g (10.35%), Sugar: 25.34g (28.16%), Cholesterol: 0.84mg (0.28%), Sodium: 7091.52mg (308.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Manganese: 0.39mg (19.36%), Vitamin K: 11.04µg (10.51%), Potassium: 186.18mg (5.32%), Iron: 0.9mg (4.99%), Calcium: 44.06mg (4.41%), Vitamin A: 184.07IU (3.68%), Fiber: 0.91g (3.66%), Magnesium: 13.49mg (3.37%), Vitamin B6: 0.07mg (3.25%), Copper: 0.06mg (3.04%), Vitamin B1: 0.04mg (2.66%), Vitamin B2: 0.03mg (1.92%), Phosphorus: 17.64mg (1.76%), Vitamin E: 0.23mg (1.56%), Vitamin B3: 0.31mg (1.55%), Vitamin C: 1.24mg (1.5%), Selenium: 0.97µg (1.38%), Vitamin B5: 0.11mg (1.13%)