



Grilled BBQ Pork Chop Dinner

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 1.3 lb pork chops bone-in
- 0.3 cup butter
- 4 ears corn on the cob
- 10 oz torn salad greens mixed
- 0.5 cup thousand island dressing kraft

Equipment

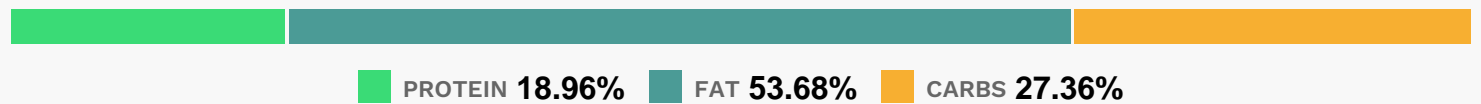
- grill

aluminum foil

Directions

- Heat greased grill to medium heat.
- Arrange each ear of corn on piece of heavy-duty foil; spread with butter. Wrap corn securely.
- Grill corn 5 min.
- Place chops on grill. Grill corn with chops 10 to 12 min. or until corn is tender and chops are done (145), turning frequently and brushing chops with barbecue sauce.
- Let chops stand 3 min.
- Serve chops with corn and salad greens drizzled with dressing.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.0678260753984%

Nutrients (% of daily need)

Calories: 73.52kcal (3.68%), Fat: 4.46g (6.87%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 4.8g (1.75%), Sugar: 2.97g (3.3%), Cholesterol: 10.86mg (3.62%), Sodium: 119.07mg (5.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Vitamin B1: 0.15mg (10.1%), Selenium: 5.03µg (7.18%), Vitamin B3: 1.25mg (6.24%), Vitamin B6: 0.12mg (6.06%), Phosphorus: 46.5mg (4.65%), Vitamin A: 217.77IU (4.36%), Vitamin C: 3.04mg (3.69%), Potassium: 113.58mg (3.25%), Vitamin K: 3µg (2.86%), Vitamin B2: 0.04mg (2.58%), Magnesium: 10.03mg (2.51%), Zinc: 0.34mg (2.3%), Folate: 8.65µg (2.16%), Manganese: 0.04mg (2.11%), Vitamin B5: 0.21mg (2.07%), Vitamin E: 0.29mg (1.93%), Iron: 0.29mg (1.62%), Vitamin B12: 0.08µg (1.28%), Fiber: 0.32g (1.26%), Copper: 0.02mg (1.18%)