



Grilled BBQ Pork Chop Dinner

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

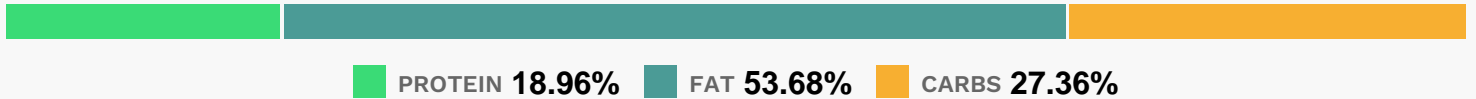
- grill

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:-8, Nutrition Score:23.003478464873%

Nutrients (% of daily need)

Calories: 551.4kcal (27.57%), Fat: 33.48g (51.51%), Saturated Fat: 7.46g (46.61%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 36.02g (13.1%), Sugar: 22.25g (24.73%), Cholesterol: 81.48mg (27.16%), Sodium: 893.04mg (38.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.61g (53.21%), Vitamin B1: 1.14mg (75.73%), Selenium: 37.69µg (53.84%), Vitamin B3: 9.37mg (46.83%), Vitamin B6: 0.91mg (45.47%), Phosphorus: 348.78mg (34.88%), Vitamin A: 1633.31IU (32.67%), Vitamin C: 22.81mg (27.64%), Potassium: 851.88mg (24.34%), Vitamin K: 22.51µg (21.44%), Vitamin B2: 0.33mg (19.37%), Magnesium: 75.25mg (18.81%), Zinc: 2.59mg (17.24%), Folate: 64.88µg (16.22%), Manganese: 0.32mg (15.79%), Vitamin B5: 1.55mg (15.49%), Vitamin E: 2.17mg (14.44%), Iron: 2.18mg (12.12%), Vitamin B12: 0.58µg (9.63%), Fiber: 2.37g (9.49%), Copper: 0.18mg (8.84%), Calcium: 52.58mg (5.26%), Vitamin D: 0.53µg (3.54%)