



Grilled Giant Pork Chops with Sweet Peach Barbecue Sauce



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



813 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons pepper black freshly ground
- ☐ 1 tablespoon brown sugar
- ☐ 0.5 cup cider vinegar
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 1 teaspoon ground allspice
- ☐ 3 tablespoons ground coriander
- ☐ 2 tablespoons ground cumin

- ☐ 3 tablespoons ground paprika
- ☐ 1 tablespoon kosher salt
- ☐ 0.3 cup brown sugar dark light
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup orange juice
- ☐ 3 peaches pitted cut into medium cubes
- ☐ 48 ounces loin pork chops
- ☐ 1 small onion red peeled sliced thin
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 medium tomatoes ripe cut into medium cubes

Equipment

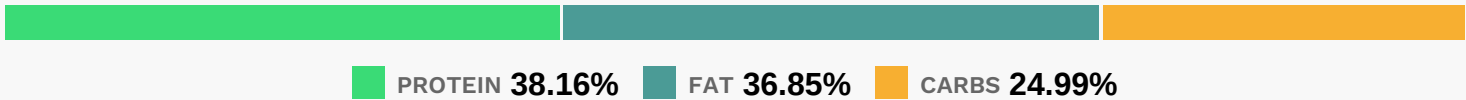
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ grill
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Build a multi-level fire in the grill: Leave 1/4 of the bottom free of coals, bank the coals in the remaining 3/4 of the grill so that they are 3 times as high on 1 side as on the other. When the coals are all ignited and the temperature has lowered to medium (hold hand about 5-inches above grill grid, over the area where coals are deepest, for 4 to 5 seconds), the grill is ready to cook.
- ☐ Combine the ingredients for the spice rub in a small bowl and mix well. Rub the pork chops generously on both sides with the mixture and set aside while making the sauce.
- ☐ Make the sauce: In a large skillet over medium-high heat, heat the oil until hot, but not smoking.

- ☐ Add the onions and cook, stirring occasionally, until golden brown, about 11 to 13 minutes.
- ☐ Add the peaches, ginger, and tomatoes and cook, stirring frequently for 2 minutes. Stir in the vinegar, orange juice, sugar, allspice, and salt and pepper, to taste. Bring the mixture to a boil, then reduce the heat and simmer until the mixture is reduced by about 1/2 and thickened slightly, about 20 minutes. Taste and adjust for the seasoning, then transfer the sauce to a blender or food processor and puree until smooth (be careful with hot liquids). Reserve 1/4 cup sauce for basting the chops, then pour the remaining sauce into a small serving bowl.
- ☐ Put the chops on the grill over the coals and cook, turning once, until desired doneness; 8 to 10 minutes per side for medium. During the last 30 seconds of cooking on each side, baste the chops generously with the sauce. Check for doneness.
- ☐ Serve the chops hot with extra barbecue sauce on the side.
- ☐ Cook's note: The spice rub and barbecue sauce contains sugar, which might burn while cooking on the grill. If the chops start to burn on the outside, move them to cooler part of the grill and cover with a metal pie pan or disposable foil to finish cooking.

Nutrition Facts



Properties

Glycemic Index:77.81, Glycemic Load:7.74, Inflammation Score:-10, Nutrition Score:47.135217583698%

Flavonoids

Cyanidin: 2.16mg, Cyanidin: 2.16mg, Cyanidin: 2.16mg, Cyanidin: 2.16mg Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 1.08mg, Naringenin: 1.08mg, Naringenin: 1.08mg, Naringenin: 1.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg

Nutrients (% of daily need)

Calories: 812.68kcal (40.63%), Fat: 33.36g (51.32%), Saturated Fat: 9.64g (60.24%), Carbohydrates: 50.9g (16.97%), Net Carbohydrates: 42.89g (15.59%), Sugar: 36.34g (40.38%), Cholesterol: 227.93mg (75.98%), Sodium: 1945.8mg

(84.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 77.73g (155.47%), Selenium: 117.16µg (167.37%), Vitamin B1: 2.41mg (160.73%), Vitamin B3: 29.46mg (147.32%), Vitamin B6: 2.75mg (137.34%), Phosphorus: 880.65mg (88.07%), Vitamin A: 3607IU (72.14%), Manganese: 1.16mg (57.95%), Potassium: 2006.42mg (57.33%), Vitamin B2: 0.79mg (46.33%), Zinc: 6.34mg (42.27%), Magnesium: 156.58mg (39.15%), Vitamin C: 32.01mg (38.8%), Iron: 6.85mg (38.06%), Fiber: 8.02g (32.06%), Vitamin B5: 3.02mg (30.24%), Vitamin B12: 1.8µg (30.05%), Vitamin E: 4.31mg (28.71%), Copper: 0.52mg (26.23%), Vitamin K: 24.5µg (23.33%), Calcium: 155.93mg (15.59%), Vitamin D: 1.36µg (9.07%), Folate: 34.93µg (8.73%)