



Grilled Honey BBQ Pork Packs

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby carrots
- 0.5 cup barbecue sauce
- 2 large ears corn cut into 6 pieces
- 2 tablespoons spring onion sliced
- 2 teaspoons ground cumin
- 0.3 cup honey
- 2 cups potatoes refrigerated cooked (from 20-oz bag)
- 4 pork loin chops boneless

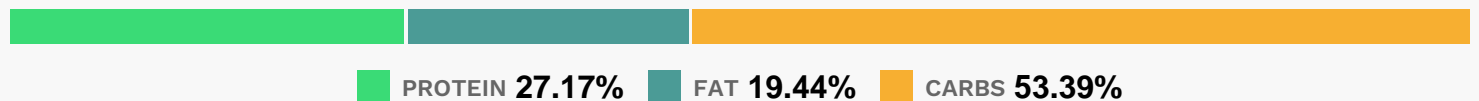
Equipment

- bowl
- grill
- kitchen thermometer
- aluminum foil

Directions

- Heat gas or charcoal grill.
- Cut 4 (18x12-inch) sheets of heavy-duty foil; spray with cooking spray. In small bowl, mix barbecue sauce, honey and cumin.
- Place 1 pork chop, 3 pieces corn, 1/4 cup carrots and 1/2 cup potato wedges on center of each foil sheet. Spoon 3 tablespoons sauce mixture over pork and vegetables on each sheet.
- Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- Place packets on grill. Cover grill; cook over medium-low heat 15 to 20 minutes, rotating packets 1/2 turn after 10 minutes, until pork is no longer pink and meat thermometer inserted in center reads 160°F. To serve, cut large X across top of each packet; carefully fold back foil to allow steam to escape.

Nutrition Facts



Properties

Glycemic Index:43.26, Glycemic Load:22.59, Inflammation Score:-10, Nutrition Score:30.469999665799%

Flavonoids

Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 491.85kcal (24.59%), Fat: 10.85g (16.7%), Saturated Fat: 3.58g (22.39%), Carbohydrates: 67.06g (22.35%), Net Carbohydrates: 61.84g (22.49%), Sugar: 36.17g (40.19%), Cholesterol: 89.78mg (29.93%), Sodium: 477.54mg (20.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.13g (68.26%), Vitamin A: 4676.66IU (93.53%),

Vitamin B1: 1.11mg (74.29%), Vitamin B6: 1.42mg (71.04%), Vitamin B3: 13.55mg (67.77%), Selenium: 46.09µg (65.84%), Phosphorus: 449.38mg (44.94%), Potassium: 1330.88mg (38.03%), Vitamin C: 27.34mg (33.14%), Magnesium: 97.98mg (24.49%), Manganese: 0.44mg (21.75%), Vitamin B2: 0.37mg (21.53%), Fiber: 5.22g (20.86%), Vitamin B5: 2mg (20.01%), Zinc: 2.93mg (19.55%), Iron: 3.17mg (17.62%), Copper: 0.3mg (15.18%), Folate: 58.63µg (14.66%), Vitamin B12: 0.71µg (11.84%), Vitamin K: 12.13µg (11.55%), Calcium: 58.19mg (5.82%), Vitamin E: 0.57mg (3.8%), Vitamin D: 0.54µg (3.57%)