



Grilled Jamaican Jerked Pork Loin Chops

 Dairy Free

READY IN



525 min.

SERVINGS



8

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 bay leaves
- ☐ 12 ounce beer lager style
- ☐ 3 fluid ounces rum dark
- ☐ 2 teaspoons marjoram fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 2 tablespoons ginger minced
- ☐ 1.5 teaspoons ground allspice

- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon ground nutmeg
- ☐ 8 servings kosher salt and cracked pepper black to taste
- ☐ 0.3 cup juice of lime
- ☐ 0.3 cup blackstrap molasses
- ☐ 6 ounce pork loin chops
- ☐ 1 scotch bonnet chile pepper minced
- ☐ 0.3 cup soya sauce

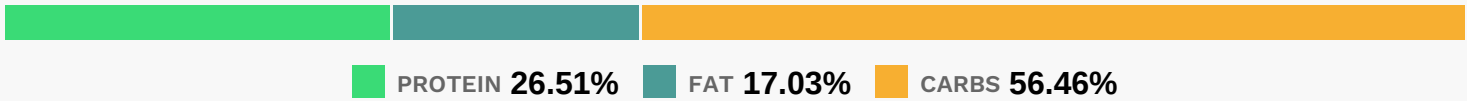
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Pour the beer, rum, molasses, soy sauce, and lime juice into a bowl. Stir in the garlic, ginger, scotch bonnet pepper, thyme, and marjoram. Season with allspice, cinnamon, nutmeg, and bay leaves.
- ☐ Place the pork chops into a zip top bag, and pour in the marinade. Refrigerate overnight.
- ☐ Prepare an outdoor grill for medium heat. Take the pork chops out of the marinade, place on a plate, and allow to sit at room temperature for 15 to 20 minutes as the grill heats.
- ☐ Season the chops to taste with kosher salt and cracked black pepper. Grill the chops on both sides until a thermometer inserted into the center registers 145 degrees F (63 degrees C). Allow the pork chops to rest for about 5 minutes before serving to allow the juices to redistribute.

Nutrition Facts



Properties

Glycemic Index:46.44, Glycemic Load:4.5, Inflammation Score:-6, Nutrition Score:5.9491304819999%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 122.64kcal (6.13%), Fat: 1.67g (2.57%), Saturated Fat: 0.61g (3.81%), Carbohydrates: 12.44g (4.15%), Net Carbohydrates: 11.78g (4.28%), Sugar: 8.32g (9.24%), Cholesterol: 14.25mg (4.75%), Sodium: 615.96mg (26.78%), Alcohol: 5.36g (100%), Alcohol %: 6.33% (100%), Protein: 5.84g (11.68%), Manganese: 0.36mg (18.11%), Vitamin B6: 0.3mg (15%), Selenium: 9.57µg (13.67%), Vitamin B3: 2.39mg (11.93%), Vitamin B1: 0.16mg (10.8%), Magnesium: 40.72mg (10.18%), Potassium: 298.59mg (8.53%), Phosphorus: 74.24mg (7.42%), Vitamin C: 5.8mg (7.02%), Iron: 1.03mg (5.72%), Copper: 0.1mg (5.02%), Calcium: 41.7mg (4.17%), Vitamin B2: 0.07mg (4.1%), Vitamin B5: 0.32mg (3.15%), Zinc: 0.47mg (3.12%), Fiber: 0.66g (2.64%), Vitamin B12: 0.12µg (2.02%), Folate: 5.82µg (1.45%)