



Grilled Korean-Style BBQ Glazed Pork Chops with Red Onions and Baby Bok Choy

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound to 6 baby bok choy halved lengthwise
- 3 pounds pork chops bone-in
- 1 tablespoon sriracha such as sriracha
- 1 tablespoon ginger fresh finely grated peeled
- 1 clove garlic grated
- 0.5 cup hoisin sauce
- 4 servings kosher salt and pepper black freshly ground

- 1 tablespoon brown sugar light
- 1 onion red cut into 1/2-inch-thick slices
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil toasted
- 2 tablespoons soya sauce

Equipment

- bowl
- knife
- plastic wrap
- grill
- microwave
- cutting board

Directions

- Preheat a grill to medium-high heat. Stir together the soy sauce, chili sauce, sesame oil, brown sugar, vinegar, grated ginger and grated garlic in a small bowl. Reserve 2 tablespoons for the vegetables and then stir in the hoisin sauce. Set half aside for serving with the cooked pork chops and stir in 1 to 2 tablespoons water.
- Sprinkle the pork chops on both sides with 1/2 teaspoon each salt and pepper for all 4 chops.
- Place the pork chops and onions on a lightly oiled grill. Grill until the pork chops are just slightly pink near the bone, 6 minutes on the first side and 4 to 5 minutes on the second side. Grill the onions until they are soft. Start brushing both the pork and the onions with the hoisin sauce mixture about halfway through grilling.
- Transfer the pork chops to a cutting board to rest for about 5 minutes and the onions to a bowl.
- Put the bok choy in a large bowl and cover with plastic wrap. Microwave until the center core has softened and can easily be pierced with the tip of a sharp knife, 3 to 5 minutes. Season the bok choy with 1/4 teaspoon each salt and pepper and grill until charred, 2 to 3 minutes per side.
- Add to the bowl with the onions and gently toss with the reserved 2 tablespoons ginger sauce.

Serve the pork chops with the grilled vegetables and the reserved hoisin sauce mixture on the side.

Nutrition Facts

PROTEIN 39.21% **FAT 43.39%** **CARBS 17.4%**

Properties

Glycemic Index:42.25, Glycemic Load:0.76, Inflammation Score:-10, Nutrition Score:36.097391061161%

Flavonoids

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: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 591.27kcal (29.56%), Fat: 27.76g (42.71%), Saturated Fat: 8.35g (52.17%), Carbohydrates: 25.05g (8.35%), Net Carbohydrates: 22.16g (8.06%), Sugar: 15.52g (17.25%), Cholesterol: 177.08mg (59.03%), Sodium: 1484.85mg (64.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.45g (112.91%), Selenium: 87.25µg (124.64%), Vitamin A: 5064.75IU (101.3%), Vitamin B6: 1.86mg (93.21%), Vitamin B3: 17.7mg (88.5%), Vitamin B1: 1.26mg (83.92%), Vitamin C: 53.52mg (64.88%), Phosphorus: 568.17mg (56.82%), Vitamin B2: 0.58mg (34.09%), Zinc: 4.73mg (31.52%), Potassium: 990.96mg (28.31%), Vitamin B12: 1.35µg (22.54%), Magnesium: 79.81mg (19.95%), Calcium: 197.15mg (19.72%), Vitamin B5: 1.9mg (19.01%), Iron: 3.1mg (17.21%), Copper: 0.24mg (11.84%), Fiber: 2.88g (11.54%), Manganese: 0.22mg (10.95%), Vitamin D: 1.28µg (8.5%), Folate: 15.01µg (3.75%), Vitamin E: 0.46mg (3.09%)