



HEALTH SCORE

66%

Grilled Maple Chipotle Pork Chops



Gluten Free



Dairy Free



Very Healthy

READY IN



28 min.

SERVINGS



6

CALORIES



3426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup barbecue sauce
- ☐ 2 tablespoons chipotle peppers in adobo sauce canned minced
- ☐ 6 servings gouda grits smoked
- ☐ 0.5 cup maple syrup
- ☐ 1 teaspoon pepper
- ☐ 27 lb pork loin chops bone-in ()
- ☐ 1 teaspoon salt

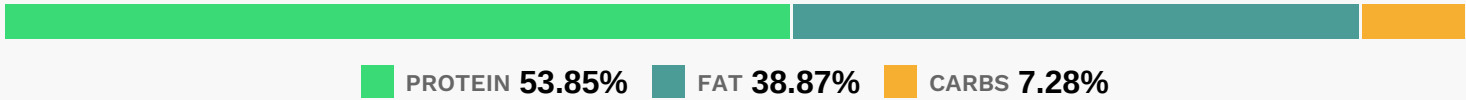
Equipment

- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Whisk together first 3 ingredients; reserve half.
- ☐ Sprinkle pork chops with salt and pepper.
- ☐ Grill pork, covered with grill lid, 9 minutes on each side or until a meat thermometer inserted into thickest portion registers 155, basting with remaining half of barbecue sauce mixture during last 5 minutes of grilling.
- ☐ Remove from grill, and drizzle with reserved barbecue sauce mixture.
- ☐ Serve over Smoked Gouda Grits.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:6.64, Inflammation Score:-9, Nutrition Score:59.4691304558%

Nutrients (% of daily need)

Calories: 3426.11kcal (171.31%), Fat: 142.29g (218.9%), Saturated Fat: 50.08g (313.03%), Carbohydrates: 59.9g (19.96%), Net Carbohydrates: 58.47g (21.26%), Sugar: 24.58g (27.31%), Cholesterol: 1367.58mg (455.86%), Sodium: 1615.74mg (70.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 443.53g (887.07%), Selenium: 682.58µg (975.12%), Vitamin B1: 13.69mg (912.59%), Vitamin B3: 163.68mg (818.42%), Vitamin B6: 14.9mg (744.75%), Phosphorus: 4646.8mg (464.68%), Vitamin B2: 4.15mg (243.91%), Potassium: 7787.16mg (222.49%), Zinc: 32.03mg (213.54%), Vitamin B12: 10.82µg (180.3%), Vitamin B5: 15.07mg (150.72%), Magnesium: 550.55mg (137.64%), Iron: 10.93mg (60.74%), Copper: 1.19mg (59.71%), Vitamin D: 8.16µg (54.43%), Manganese: 0.87mg (43.75%), Vitamin E: 2.85mg (18.98%), Calcium: 182.49mg (18.25%), Fiber: 1.42g (5.69%), Vitamin A: 220.57IU (4.41%), Vitamin K: 1.09µg (1.04%)