



Grilled Maple Chipotle Pork Chops on Smoked Gouda Grits

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



269 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon adobo sauce from can
- 0.5 cup barbecue sauce
- 2 chipotle peppers in adobo sauce minced seeded
- 6 servings gouda grits smoked
- 0.5 cup maple syrup
- 1 teaspoon pepper
- 7.5 inch pork loin chops bone-in

1 teaspoon salt

Equipment

whisk

grill

kitchen thermometer

Directions

Whisk together first 4 ingredients, and set aside.

Sprinkle pork chops evenly with salt and pepper.

Grill, covered with grill lid, over medium-high heat (350 to 40

minutes or until a meat thermometer inserted into thickest portion registers 155, turning once. Baste with half of barbecue sauce mixture the last 5 minutes of cooking or when meat thermometer registers 14

Spoon Smoked Gouda Grits evenly onto 6 serving plates; top each with a pork chop, and drizzle evenly with remaining barbecue sauce mixture.

Nutrition Facts



PROTEIN 6.54% **FAT 3.45%** **CARBS 90.01%**

Properties

Glycemic Index:11.42, Glycemic Load:6.64, Inflammation Score:-2, Nutrition Score:5.6360869550187%

Nutrients (% of daily need)

Calories: 269.48kcal (13.47%), Fat: 1.02g (1.57%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 60.05g (20.02%), Net Carbohydrates: 58.62g (21.32%), Sugar: 24.59g (27.33%), Cholesterol: 2.13mg (0.71%), Sodium: 780.44mg (33.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.73%), Manganese: 0.73mg (36.61%), Vitamin B2: 0.38mg (22.14%), Selenium: 8.03µg (11.48%), Vitamin B1: 0.1mg (6.38%), Fiber: 1.43g (5.73%), Potassium: 187.01mg (5.34%), Magnesium: 20.86mg (5.22%), Vitamin B6: 0.1mg (4.96%), Vitamin B3: 0.89mg (4.47%), Iron: 0.77mg (4.28%), Phosphorus: 41.26mg (4.13%), Calcium: 40.86mg (4.09%), Zinc: 0.44mg (2.96%), Vitamin A: 140.87IU (2.82%), Copper: 0.05mg (2.66%), Vitamin B5: 0.26mg (2.56%), Vitamin E: 0.22mg (1.47%), Vitamin K: 1.16µg (1.1%)