



Grilled Peach Barbecue Pork Chops

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 large peaches ripe peeled
- 0.3 cup barbecue sauce
- 1 tablespoon apple cider vinegar
- 1 tablespoon honey
- 24 oz pork loin chops bone-in trimmed of fat
- 0.3 teaspoon salt
- 0.3 teaspoon pepper freshly ground

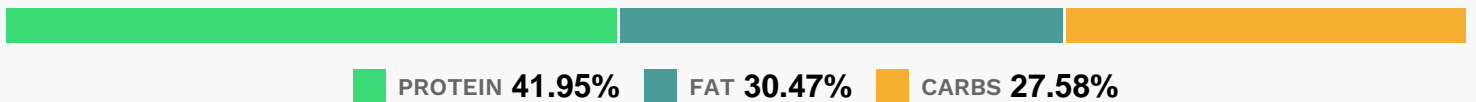
Equipment

- food processor
- blender
- grill
- kitchen thermometer

Directions

- Heat gas or charcoal grill.
- Cut 2 of the peaches in half; set aside. Coarsely chop remaining peach. In blender or food processor, place chopped peach, barbecue sauce, vinegar and honey. Cover; process until smooth. Reserve 1/2 cup sauce for serving.
- Sprinkle pork chops with salt and pepper. Carefully brush oil on grill rack.
- Place pork on grill over medium-high heat.
- Brush 1/4 cup sauce on pork. Cover grill; cook 4 minutes. Turn pork chops over; brush with 1/4 cup sauce.
- Place peach halves, cut sides down, on grill. Cover grill; cook 4 minutes or until meat thermometer in center of pork chops reads 145°F and peaches are tender.
- Remove pork and peaches from grill; cut each peach half into 3 wedges.
- Serve pork and peach wedges with reserved sauce.

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:6.83, Inflammation Score:-5, Nutrition Score:22.837825920271%

Flavonoids

Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg Catechin: 6.46mg, Catechin: 6.46mg, Catechin: 6.46mg, Catechin: 6.46mg Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg Epicatechin: 3.07mg, Epicatechin: 3.07mg, Epicatechin: 3.07mg, Epicatechin: 3.07mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 366.58kcal (18.33%), Fat: 12.28g (18.89%), Saturated Fat: 4.2g (26.26%), Carbohydrates: 24.99g (8.33%), Net Carbohydrates: 22.82g (8.3%), Sugar: 21.27g (23.64%), Cholesterol: 113.97mg (37.99%), Sodium: 428.59mg (18.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.03g (76.05%), Selenium: 59.34µg (84.78%), Vitamin B1: 1.17mg (78.02%), Vitamin B3: 14.76mg (73.8%), Vitamin B6: 1.28mg (64.14%), Phosphorus: 417.58mg (41.76%), Potassium: 843.22mg (24.09%), Vitamin B2: 0.37mg (21.62%), Zinc: 2.98mg (19.89%), Vitamin B12: 0.9µg (15.03%), Vitamin B5: 1.47mg (14.72%), Magnesium: 57.56mg (14.39%), Copper: 0.21mg (10.72%), Vitamin A: 475.4IU (9.51%), Vitamin E: 1.32mg (8.82%), Fiber: 2.17g (8.69%), Iron: 1.45mg (8.08%), Manganese: 0.14mg (7.22%), Vitamin C: 5.51mg (6.68%), Vitamin D: 0.68µg (4.54%), Vitamin K: 4.46µg (4.25%), Calcium: 24.28mg (2.43%), Folate: 8.36µg (2.09%)