



Grilled Plum and Prosciutto-Stuffed Pork Chops

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 0.3 teaspoon pepper red crushed
- 4 prune- cut to pieces dried pitted halved
- 0.5 teaspoon fennel seeds crushed
- 0.5 teaspoon rosemary leaves fresh chopped
- 0.5 teaspoon sage fresh chopped

- 0.3 teaspoon kosher salt
- 2 teaspoons blackstrap molasses
- 0.5 teaspoon paprika
- 16 ounce pork loin chops boneless (3/)
- 0.8 ounce pancetta halved very thin

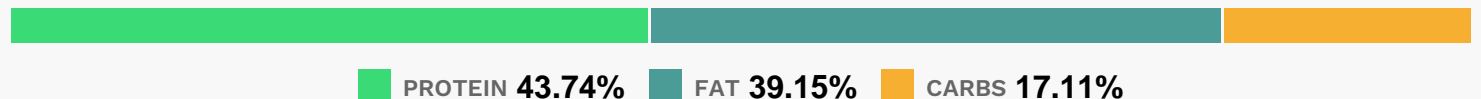
Equipment

- bowl
- grill

Directions

- Prepare grill.
- Soak the pitted dried plum halves in boiling water 5 minutes.
- Drain plums.
- Wrap 2 of the plum halves in each prosciutto piece.
- Combine fennel seeds and next 6 ingredients (through freshly ground black pepper) in a small bowl.
- Cut a horizontal slit through thickest portion of each pork chop to form a pocket. Stuff 1 prosciutto wrap into each pocket.
- Sprinkle pork chops with fennel mixture.
- Place pork chops on grill rack coated with cooking spray; grill 5 minutes on each side or until desired degree of doneness.
- Combine vinegar and molasses; brush over pork chops.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:3.03, Inflammation Score:-4, Nutrition Score:16.661739340943%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 236.9kcal (11.84%), Fat: 10.13g (15.58%), Saturated Fat: 3.51g (21.96%), Carbohydrates: 9.95g (3.32%), Net Carbohydrates: 8.96g (3.26%), Sugar: 6.83g (7.59%), Cholesterol: 79.49mg (26.49%), Sodium: 239.51mg (10.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.45g (50.91%), Selenium: 39.3µg (56.15%), Vitamin B1: 0.78mg (52.04%), Vitamin B3: 9.55mg (47.74%), Vitamin B6: 0.89mg (44.55%), Copper: 0.88mg (43.84%), Phosphorus: 275.07mg (27.51%), Potassium: 575.81mg (16.45%), Vitamin B2: 0.24mg (14.03%), Zinc: 1.91mg (12.72%), Magnesium: 45.24mg (11.31%), Vitamin B12: 0.63µg (10.46%), Vitamin B5: 0.93mg (9.33%), Manganese: 0.16mg (7.95%), Vitamin K: 6.49µg (6.18%), Iron: 1.03mg (5.71%), Vitamin A: 246.19IU (4.92%), Fiber: 0.99g (3.97%), Vitamin D: 0.47µg (3.17%), Calcium: 26.65mg (2.67%), Vitamin E: 0.34mg (2.23%)