



Grilled Pork Chops with Balsamic Caramelized Pears

 Gluten Free

READY IN



126 min.

SERVINGS



6

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup balsamic vinegar
- 1 tablespoon butter
- 1 tablespoon rosemary fresh minced
- 4 cloves garlic minced
- 5 tablespoons kosher salt
- 1 tablespoon olive oil
- 2 pears cored cut into 8 wedges

- 6 pork loin chops
- 1 teaspoon salt
- 2 vidalia onions cut into 8 wedges
- 1.5 quarts water
- 2 tablespoons sugar white

Equipment

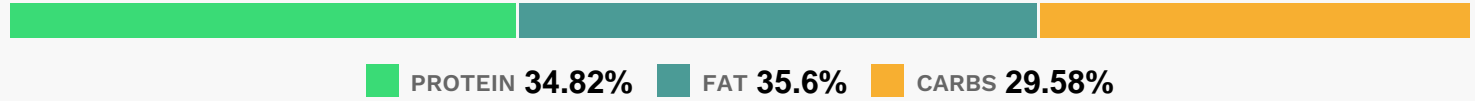
- bowl
- frying pan
- paper towels
- sauce pan
- grill
- aluminum foil

Directions

- In a large bowl, stir together the water, kosher salt, and sugar.
- Add pork chops to this brine, and let them soak for no more than one hour.
- Drain and discard the brine. Pat pork chops dry with paper towels.
- In a shallow dish, stir together the olive oil, garlic, and rosemary.
- Place pork chops in the dish, and turn to coat. Cover, and marinate in the refrigerator for at least 1 or 2 hours.
- Pour the balsamic vinegar into a small saucepan. Bring to a boil, and cook until reduced by 1/2, about 10 minutes. When the vinegar cools, it should be the consistency of syrup.
- Melt butter with olive oil in a large skillet over medium-high or high heat.
- Add the onions and pears, and quickly brown being careful to keep the wedges intact. Once the onions and pears are browned, reduce heat to low, and cook for about 7 minutes, or until tender. Stir in the reduced vinegar and salt. The recipe can be prepared up to this point several hours before grilling.
- Preheat the grill for medium-high heat.

- Warm pears on a cool section of the grill (in the skillet), while placing the pork chops over the hot part. Cook pork for about 3 minutes per side, or to desired doneness.
- Remove to a serving plate, cover with aluminum foil and let rest for a few minutes. Uncover, top with the pear onion sauce, and serve.

Nutrition Facts



Properties

Glycemic Index:39.47, Glycemic Load:7.43, Inflammation Score:-6, Nutrition Score:19.370434958002%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg Quercetin: 16.55mg, Quercetin: 16.55mg, Quercetin: 16.55mg, Quercetin: 16.55mg

Nutrients (% of daily need)

Calories: 351.7kcal (17.58%), Fat: 13.74g (21.14%), Saturated Fat: 4.83g (30.18%), Carbohydrates: 25.68g (8.56%), Net Carbohydrates: 22.76g (8.28%), Sugar: 18.51g (20.57%), Cholesterol: 94.8mg (31.6%), Sodium: 6307.25mg (274.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.24g (60.47%), Selenium: 45.31µg (64.73%), Vitamin B1: 0.95mg (63.36%), Vitamin B6: 1.16mg (57.97%), Vitamin B3: 10.96mg (54.82%), Phosphorus: 347.63mg (34.76%), Potassium: 735.93mg (21.03%), Vitamin B2: 0.29mg (17.04%), Zinc: 2.37mg (15.77%), Magnesium: 54.85mg (13.71%), Copper: 0.24mg (12.05%), Vitamin B12: 0.71µg (11.9%), Fiber: 2.92g (11.69%), Vitamin B5: 1.13mg (11.29%), Vitamin C: 8.54mg (10.36%), Manganese: 0.2mg (10.12%), Folate: 30.02µg (7.51%), Iron: 1.34mg (7.45%), Calcium: 58.76mg (5.88%), Vitamin E: 0.66mg (4.39%), Vitamin K: 4.54µg (4.33%), Vitamin D: 0.54µg (3.57%), Vitamin A: 89.53IU (1.79%)