



Grilled Pork Chops with Brown-sugar Brine and Onion-Peach Marmalade

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 teaspoons peppercorns black divided
- ☐ 0.3 cup granulated sugar
- ☐ 1 cup ice cubes
- ☐ 0.5 cup kosher salt
- ☐ 0.5 cup brown sugar light packed
- ☐ 3 tablespoons olive oil divided
- ☐ 2 cups peaches peeled chopped (see Notes)

- ☐ 4 center-cut pork chops bone-in
- ☐ 1 sprig plus 2 tsp. rosemary fresh chopped
- ☐ 3 tablespoons sherry vinegar
- ☐ 4 cups onions white sliced

Equipment

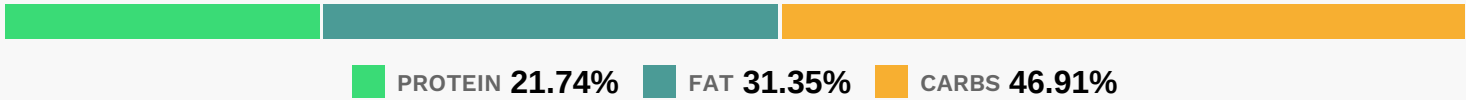
- ☐ frying pan
- ☐ pot
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ In a large pot, bring 7 cups water to a boil.
- ☐ Remove from heat and add 1/2 cup salt, the brown sugar, rosemary sprig, and 2 tsp. peppercorns, stirring until salt and sugar are dissolved.
- ☐ Add ice cubes and chill until cold.
- ☐ Place pork in brine and set a plate on top to keep meat completely submerged. Cover with plastic wrap and chill overnight.
- ☐ Heat 2 tbsp. oil in a large frying pan over medium heat.
- ☐ Add onions and cook, stirring often, until transparent and starting to brown, 10 to 15 minutes. Turn heat to low; add peaches, granulated sugar, vinegar, and remaining 1 tsp. peppercorns. Cook, stirring often, until marmalade is caramelized and sticky, 40 minutes. Stir in remaining 1 tsp. salt and 2 tsp. rosemary.
- ☐ Prepare a charcoal or gas grill for medium heat (350 to 400; you can hold your hand 5 in. above cooking grate for only 5 to 7 seconds).
- ☐ Remove pork from brine and pat dry.
- ☐ Brush pork all over with remaining 1 tbsp. oil.
- ☐ Grill pork, covered, turning once, until meat is done the way you like it, about 10 minutes for medium-rare (145; cut to test).

- ☐ Transfer pork to a platter, tent with foil, and let rest 5 to 10 minutes.
- ☐ Serve with marmalade.
- ☐ *Sodium content could not be accurately calculated.

Nutrition Facts



Properties

Glycemic Index:42.34, Glycemic Load:18.01, Inflammation Score:-8, Nutrition Score:23.946521582811%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 32.99mg, Quercetin: 32.99mg, Quercetin: 32.99mg, Quercetin: 32.99mg

Nutrients (% of daily need)

Calories: 575.98kcal (28.8%), Fat: 20.33g (31.28%), Saturated Fat: 4.86g (30.38%), Carbohydrates: 68.44g (22.81%), Net Carbohydrates: 63.73g (23.17%), Sugar: 56.57g (62.86%), Cholesterol: 89.78mg (29.93%), Sodium: 14240mg (619.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.72g (63.44%), Selenium: 47.4µg (67.71%), Vitamin B1: 0.99mg (65.96%), Vitamin B6: 1.21mg (60.25%), Vitamin B3: 11.58mg (57.89%), Phosphorus: 373.41mg (37.34%), Manganese: 0.74mg (37.19%), Potassium: 915.7mg (26.16%), Vitamin B2: 0.32mg (19.07%), Fiber: 4.71g (18.85%), Vitamin C: 15.06mg (18.25%), Zinc: 2.62mg (17.48%), Magnesium: 66.55mg (16.64%), Vitamin E: 2.31mg (15.43%), Vitamin K: 14.67µg (13.97%), Copper: 0.28mg (13.85%), Vitamin B5: 1.37mg (13.71%), Vitamin B12: 0.71µg (11.84%), Iron: 2.02mg (11.24%), Calcium: 98.26mg (9.83%), Folate: 35.88µg (8.97%), Vitamin A: 278.36IU (5.57%), Vitamin D: 0.54µg (3.57%)