



Grilled Pork Chops with Fresh Plum Sauce

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon five spice powder
- 0.5 teaspoon pepper black freshly ground
- 2 medium garlic clove finely chopped
- 2 tablespoons ginger peeled finely chopped (from 1 [2-inch] piece)
- 1 teaspoon granulated sugar
- 0.3 cup honey
- 1.5 teaspoons kosher salt
- 2 tablespoons olive oil

- 1 pound plums pitted cut into 1-inch pieces (3 to 4 medium plums)
- 4 pork loin chops bone-in 1-inch-thick ()
- 0.3 cup shallots (from 1 medium shallot)
- 1 tablespoon soya sauce

Equipment

- sauce pan
- blender
- grill
- kitchen thermometer
- aluminum foil
- kitchen towels

Directions

- Heat the oil in a medium saucepan over medium heat until shimmering.
- Add the shallot, ginger, and garlic and cook, stirring occasionally, until softened, about 3 minutes.
- Add the remaining ingredients, stir to combine, and bring to a simmer. Reduce the heat to low and continue to simmer, stirring occasionally, until the plums are completely softened and falling apart, about 5 minutes.
- Transfer the mixture to a blender.
- Remove the small cap from the lid (the pour lid) and cover the space with a kitchen towel (this allows steam to escape and prevents the lid from popping off), then blend until smooth.
- Heat an outdoor grill to medium (about 350°F to 450°F). If the pork chops have been refrigerated, let them sit at room temperature for at least 30 minutes before grilling.
- Place the pork chops on the grill, close it, and cook until grill marks appear on the bottom, about 9 minutes. Flip the pork chops, close the grill, and cook until they're browned and an instant-read thermometer inserted next to the bone in the thickest pork chop registers 145°F, about 6 to 10 minutes more.
- Transfer the pork chops to a clean serving platter, tent loosely with foil, and let rest in a warm place for 5 minutes.

Serve with the plum sauce.

Nutrition Facts

PROTEIN 29.54% **FAT 36.18%** **CARBS 34.28%**

Properties

Glycemic Index:72.01, Glycemic Load:15.09, Inflammation Score:-5, Nutrition Score:20.177826155787%

Flavonoids

Cyanidin: 6.38mg, Cyanidin: 6.38mg, Cyanidin: 6.38mg, Cyanidin: 6.38mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 412.38kcal (20.62%), Fat: 16.84g (25.91%), Saturated Fat: 4.29g (26.81%), Carbohydrates: 35.9g (11.97%), Net Carbohydrates: 33.45g (12.16%), Sugar: 30.96g (34.4%), Cholesterol: 89.78mg (29.93%), Sodium: 1191.44mg (51.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.94g (61.88%), Selenium: 45.04µg (64.35%), Vitamin B1: 0.94mg (62.97%), Vitamin B3: 11.48mg (57.4%), Vitamin B6: 1.1mg (55.11%), Phosphorus: 344.83mg (34.48%), Potassium: 786.34mg (22.47%), Vitamin B2: 0.3mg (17.74%), Zinc: 2.4mg (16.02%), Vitamin C: 12.91mg (15.65%), Magnesium: 52.14mg (13.03%), Vitamin B5: 1.23mg (12.29%), Manganese: 0.24mg (12.06%), Vitamin B12: 0.71µg (11.84%), Vitamin K: 12.03µg (11.46%), Vitamin E: 1.5mg (9.97%), Fiber: 2.45g (9.8%), Copper: 0.19mg (9.6%), Iron: 1.72mg (9.58%), Vitamin A: 401.79IU (8.04%), Vitamin D: 0.54µg (3.57%), Calcium: 35.29mg (3.53%), Folate: 12.5µg (3.13%)