



Grilled Pork Chops with Maple Apple Glaze

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup maple syrup
- 0.3 cup spiced apple butter
- 0.5 teaspoon ground mustard
- 4 pork loin chops bone-in trimmed of fat
- 0.5 teaspoon highest available proof grain spirit
- 0.3 teaspoon salt

Equipment

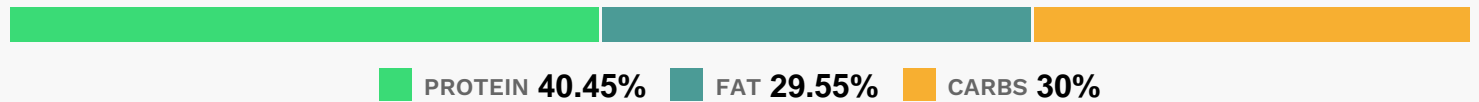
- sauce pan

grill

Directions

- Heat coals or gas grill for direct heat. In 1-quart saucepan, mix maple syrup, apple butter and mustard. Cook over low heat about 1 minute, stirring occasionally, until well blended.
- Sprinkle pork chops with garlic pepper and salt.
- Place pork on grill.
- Brush with maple mixture. Cover and grill over medium heat 10 to 12 minutes, turning and brushing with maple mixture 2 or 3 times, until no longer pink when cut near bone. Discard any remaining maple mixture.

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:5.19, Inflammation Score:-2, Nutrition Score:17.354782687581%

Nutrients (% of daily need)

Calories: 296kcal (14.8%), Fat: 9.45g (14.54%), Saturated Fat: 3.3g (20.61%), Carbohydrates: 21.58g (7.19%), Net Carbohydrates: 21.25g (7.73%), Sugar: 18.31g (20.35%), Cholesterol: 89.78mg (29.93%), Sodium: 214.19mg (9.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.1g (58.2%), Selenium: 44.96µg (64.23%), Vitamin B1: 0.91mg (60.76%), Vitamin B3: 10.79mg (53.93%), Vitamin B6: 0.98mg (49.14%), Phosphorus: 308.99mg (30.9%), Vitamin B2: 0.51mg (29.95%), Manganese: 0.54mg (27.12%), Potassium: 565.65mg (16.16%), Zinc: 2.28mg (15.2%), Vitamin B12: 0.71µg (11.84%), Magnesium: 41.79mg (10.45%), Vitamin B5: 0.99mg (9.91%), Copper: 0.09mg (4.7%), Iron: 0.78mg (4.35%), Vitamin D: 0.54µg (3.57%), Calcium: 34.67mg (3.47%), Vitamin E: 0.2mg (1.34%), Fiber: 0.33g (1.33%)