



Grilled Pork Chops with Maple-Cranberry Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon ancho chile powder
- ☐ 2 teaspoons celery salt
- ☐ 2 tablespoons dijon mustard
- ☐ 2 teaspoons mustard dry
- ☐ 2 teaspoons garlic salt
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup cran-raspberry juice

- ☐ 0.5 cup maple syrup pure
- ☐ 1 teaspoon onion powder
- ☐ 1.5 teaspoons orange peel grated
- ☐ 8.8 inch thick center-cut pork rib chops
- ☐ 0.3 teaspoon sea salt fine
- ☐ 2 teaspoons lawry's seasoned salt
- ☐ 1 tablespoon paprika smoked hot (Pimentón de la Vera)
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon triple sec
- ☐ 0.8 cup jellied cranberry sauce (half of 1 16-ounce can)

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Mix all ingredients in small bowl.
- ☐ Mix first 8 ingredients in small saucepan. Bring to boil over medium heat, whisking until smooth. Cool to room temperature.
- ☐ Do ahead: Spice rub and glaze can be made 1 day ahead. Cover and store spice rub at room temperature. Cover and refrigerate glaze. Rewarm glaze just until pourable before using.
- ☐ Spray grill rack with nonstick spray and prepare barbecue (medium heat).
- ☐ Sprinkle spice rub generously over both sides of pork chops (about 1/2 tablespoon per side), pressing to adhere.
- ☐ Place pork chops on grill, cover, and cook 5 minutes per side.
- ☐ Brush generously with glaze. Move to cooler part of grill and continue to grill, uncovered, until cooked through, brushing frequently with glaze, about 3 minutes longer per side.
- ☐ *Available at specialty foods stores and from tienda.com.

Nutrition Facts



PROTEIN 4.24% FAT 5.13% CARBS 90.63%

Properties

Glycemic Index:28.29, Glycemic Load:6.39, Inflammation Score:-4, Nutrition Score:4.2873912949277%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 124.87kcal (6.24%), Fat: 0.71g (1.1%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 28.41g (9.47%), Net Carbohydrates: 27.39g (9.96%), Sugar: 23.47g (26.07%), Cholesterol: 1.86mg (0.62%), Sodium: 1867.93mg (81.21%), Alcohol: 0.49g (100%), Alcohol %: 0.87% (100%), Protein: 1.33g (2.66%), Manganese: 0.55mg (27.34%), Vitamin B2: 0.29mg (16.8%), Vitamin A: 521.05IU (10.42%), Selenium: 3.52µg (5.02%), Vitamin E: 0.64mg (4.26%), Fiber: 1.01g (4.05%), Vitamin B1: 0.05mg (3.58%), Calcium: 33.06mg (3.31%), Potassium: 110.02mg (3.14%), Magnesium: 12.02mg (3%), Iron: 0.52mg (2.91%), Vitamin B6: 0.06mg (2.82%), Vitamin B3: 0.44mg (2.2%), Zinc: 0.31mg (2.09%), Phosphorus: 20.65mg (2.07%), Vitamin K: 1.53µg (1.46%), Copper: 0.03mg (1.45%), Vitamin C: 0.96mg (1.16%)