



Grilled Pork Chops with Plum Chutney



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pork chops bone-in thick
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 teaspoon coriander seeds crushed
- ☐ 1 tablespoon ginger fresh minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons brown sugar light packed
- ☐ 0.5 teaspoon mustard seeds
- ☐ 0.5 teaspoon pepper

- ☐ 1 pound plums pitted halved
- ☐ 1 tablespoon vegetable oil divided

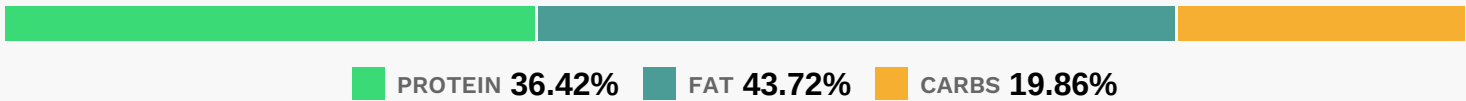
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ cutting board

Directions

- ☐ Heat grill to high (450 to 550).
- ☐ Sprinkle pork chops with salt and pepper. Cook coriander and mustard seeds in a medium saucepan in 1 tsp. oil over high heat until mustard seeds begin to pop, 1 minute.
- ☐ Remove from heat and stir in ginger, vinegar, and brown sugar; set aside.
- ☐ Grill pork chops, turning once, until cooked medium, about 10 minutes total.
- ☐ Brush plums and onion with remaining 2 tsp. oil. Grill onion, turning once, until softened and slightly charred, 8 to 10 minutes. Grill plums, turning once, until grill marks appear, 3 minutes.
- ☐ Transfer onion and plums to a cutting board and cut pieces in half. Toss in pan with reserved spice mixture and serve over pork chops.

Nutrition Facts



Properties

Glycemic Index:31.42, Glycemic Load:4.47, Inflammation Score:-5, Nutrition Score:21.298695776774%

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 Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg
Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 399.38kcal (19.97%), Fat: 19.27g (29.65%), Saturated Fat: 5.63g (35.19%), Carbohydrates: 19.7g (6.57%),
Net Carbohydrates: 17.76g (6.46%), Sugar: 17.14g (19.05%), Cholesterol: 116.96mg (38.99%), Sodium: 386.28mg
(16.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.12g (72.24%), Selenium: 58.3µg (83.29%), Vitamin
B6: 1.22mg (61.09%), Vitamin B3: 11.74mg (58.72%), Vitamin B1: 0.86mg (57.25%), Phosphorus: 379.08mg (37.91%),
Potassium: 789.89mg (22.57%), Zinc: 3.17mg (21.15%), Vitamin B2: 0.35mg (20.78%), Vitamin B12: 0.9µg (14.97%),
Magnesium: 55.27mg (13.82%), Vitamin B5: 1.36mg (13.64%), Vitamin C: 10.99mg (13.32%), Vitamin K: 13.94µg
(13.28%), Copper: 0.19mg (9.47%), Iron: 1.46mg (8.14%), Vitamin A: 402.88IU (8.06%), Fiber: 1.94g (7.76%),
Manganese: 0.14mg (6.97%), Vitamin D: 0.85µg (5.65%), Vitamin E: 0.8mg (5.35%), Calcium: 50.36mg (5.04%),
Folate: 6.57µg (1.64%)