



## Grilled Pork Chops With Plum-Ginger Chutney

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 6 center-cut t-bone pork chops (:)
- 1 tablespoon coriander seeds
- 1 tablespoon dijon mustard
- 0.5 cup vermouth dry
- 0.5 cup hendrick's gin
- 1.5 teaspoons ginger finely grated
- 6 servings kosher salt

- 1 tablespoon mustard seeds
- 6 servings pepper freshly ground
- 4 medium plums pitted chopped
- 1 small onion red chopped
- 1 pinch pepper flakes red
- 2 sprigs rosemary
- 1 cup sugar
- 0.3 cup citrus champagne vinegar

## Equipment

- bowl
- sauce pan
- grill
- kitchen thermometer

## Directions

- Combine 1 cup water, the gin, vermouth, 1/2 cup each sugar and salt, the rosemary, bay leaves and coriander in a large saucepan and bring to a boil.
- Remove from the heat and stir in 6 cups water and 2 cups ice; let cool to room temperature.
- Pour the brine over the pork chops in a large bowl, cover and refrigerate at least 4 hours or overnight.
- Combine the red onion, the remaining 1/2 cup sugar, the vinegar, mustard seeds, ginger, red pepper flakes and a pinch of salt in a medium saucepan and bring to a simmer over medium heat. Cook 3 minutes, then add half of the plums and cook, stirring occasionally, until the sauce thickens and the plums are tender, about 10 minutes.
- Add the remaining plums and cook until the first batch of plums starts falling apart and the second batch is just tender, about 8 more minutes. Stir in the mustard and let cool to room temperature. Preheat a grill to medium high.
- Drain the pork chops, discarding the brine, and pat dry.
- Sprinkle with pepper and grill, turning once, until grill marks appear and a thermometer inserted into the thickest part registers 145 degrees F, 6 to 8 minutes per side.

- Remove from the grill and let rest 5 minutes.
- Serve with the chutney. You can make the plum chutney up to 2 days ahead. Cover and refrigerate, then bring to room temperature before serving. Photograph by Kana Okada

## Nutrition Facts

**PROTEIN 31.49%**

**FAT 32.1%**

**CARBS 36.41%**

### Properties

Glycemic Index:49.96, Glycemic Load:25.39, Inflammation Score:-5, Nutrition Score:20.576956666034%

### Flavonoids

Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

### Nutrients (% of daily need)

Calories: 523.01kcal (26.15%), Fat: 16.47g (25.34%), Saturated Fat: 5.15g (32.16%), Carbohydrates: 42.03g (14.01%), Net Carbohydrates: 40.35g (14.67%), Sugar: 38.58g (42.87%), Cholesterol: 116.96mg (38.98%), Sodium: 317.76mg (13.82%), Alcohol: 8.58g (100%), Alcohol %: 3.35% (100%), Protein: 36.35g (72.69%), Selenium: 62.48µg (89.26%), Vitamin B6: 1.23mg (61.4%), Vitamin B3: 11.55mg (57.76%), Vitamin B1: 0.87mg (57.73%), Phosphorus: 390.2mg (39.02%), Zinc: 3.26mg (21.76%), Vitamin B2: 0.35mg (20.8%), Potassium: 715.58mg (20.45%), Vitamin B12: 0.9µg (14.97%), Magnesium: 59.08mg (14.77%), Vitamin B5: 1.3mg (13%), Iron: 1.65mg (9.17%), Copper: 0.17mg (8.59%), Manganese: 0.16mg (7.93%), Vitamin C: 5.98mg (7.25%), Fiber: 1.67g (6.69%), Vitamin D: 0.85µg (5.65%), Calcium: 53.95mg (5.4%), Vitamin A: 173.27IU (3.47%), Vitamin K: 3.21µg (3.05%), Vitamin E: 0.43mg (2.88%), Folate: 9.07µg (2.27%)