



Grilled Pork Chops with Sweet Lemongrass Marinade

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup fish sauce
- 1.5 tablespoons garlic minced
- 1 lemon grass finely chopped
- 3 pork chops bone-in
- 2 tablespoons shallots minced
- 0.8 cup sugar

- 1 thai chile stemmed finely chopped

Equipment

- bowl
- whisk
- plastic wrap
- grill
- kitchen thermometer
- aluminum foil

Directions

- In a bowl, combine the sugar, fish sauce, lemongrass, garlic, shallot, chile, and black pepper and whisk until the sugar dissolves. Arrange the pork chops in a rimmed dish in a single layer.
- Pour the marinade over, cover with plastic wrap, and let marinate at room temperature for 1 to 2 hours. (The pork can also be refrigerated overnight. Bring meat to room temperature before grilling).
- Prepare a hot fire in a charcoal grill (you should be able to hold your hand 1 to 2 inches above the grate for only 2 to 3 seconds). When the coals are ready, push two-thirds of the coals to one-half of the grill, creating a hot zone; spread the remaining one-third on the opposite side of the grill to create a cooler zone.
- Remove the pork chops from the marinade and discard the marinade.
- Place the chops on the hottest part of the grill.
- Let cook for 1 minute, then flip and cook for 1 minute on the second side.
- Move the chops to the cooler side of the grill and cook, turning once, for about 10 minutes total, until an instant-read thermometer inserted into the thickest part of the chop registers 140°F, raking over coals from the hotter side of the grill if necessary to maintain an even temperature. Spritz any flare-ups with a spray bottle filled with water.
- Transfer the chops to a large plate, tent with aluminum foil, and let stand for 10 minutes.
- Cut the meat from the bone and slice the meat across the grain on the diagonal.
- Transfer the slices and bones to a serving platter and serve.

Nutrition Facts

PROTEIN 28.82% FAT 20.31% CARBS 50.87%

Properties

Glycemic Index:27.02, Glycemic Load:17.78, Inflammation Score:-2, Nutrition Score:8.836521740193%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 210.1kcal (10.5%), Fat: 4.75g (7.31%), Saturated Fat: 1.65g (10.29%), Carbohydrates: 26.79g (8.93%), Net Carbohydrates: 26.61g (9.68%), Sugar: 25.61g (28.46%), Cholesterol: 44.89mg (14.96%), Sodium: 792.09mg (34.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.17g (30.34%), Selenium: 23.54µg (33.63%), Vitamin B1: 0.46mg (30.34%), Vitamin B6: 0.56mg (28.16%), Vitamin B3: 5.61mg (28.05%), Phosphorus: 158.36mg (15.84%), Magnesium: 36.3mg (9.08%), Potassium: 306.24mg (8.75%), Vitamin B2: 0.14mg (8.16%), Zinc: 1.12mg (7.45%), Vitamin B12: 0.4µg (6.69%), Manganese: 0.13mg (6.34%), Vitamin B5: 0.52mg (5.22%), Iron: 0.58mg (3.22%), Copper: 0.06mg (2.86%), Vitamin C: 2.17mg (2.63%), Vitamin D: 0.27µg (1.79%), Folate: 6.88µg (1.72%), Calcium: 14.95mg (1.5%)