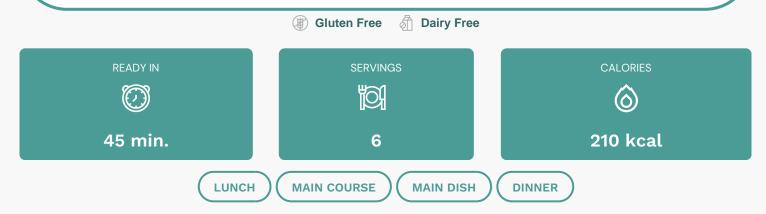


Grilled Pork Chops with Sweet Lemongrass Marinade



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

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.01mg, 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: Og (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%)