



WHATSheATE



Grilled Rib Pork Chops with Sweet and Tangy Peach Relish



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



320 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



6 servings pepper black freshly ground



1 cup coarse kosher salt



0.3 cup liquid from and tangy peach relish sweet



6 servings tangy peach relish sweet



6 rib rib pork chops bone-in 1-inch-thick ()



1 cup sugar



6 servings vegetable oil for grill rack

- ☐ 8 cups water

Equipment

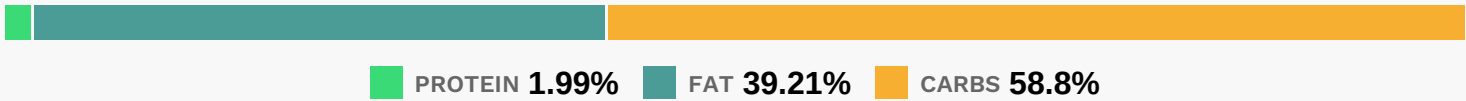
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ In a wide 6- to 8-quart pot whisk together 8 cups water, salt, and sugar until salt and sugar are dissolved.
- ☐ Add pork chops to brine and let stand at room temperature for 1 hour.
- ☐ Prepare grill for direct-heat grilling over medium-hot charcoal (medium-high heat for gas; see Grilling Procedure below).
- ☐ Remove pork chops from brine, discarding brine, and pat chops dry with several layers of paper towels. Season chops with pepper.
- ☐ Oil grill rack, then grill chops, covered only if using a gas grill, turning over occasionally and moving around if flare-ups occur, until browned, 2 to 3 minutes total.
- ☐ Move chops to area with no coals underneath (if using gas, turn off a burner and move chops to area over shut-off burner) then cover with lid, and grill, turning and brushing with liquid, until thermometer inserted horizontally into center of chop as close to bone without touching it registers 145°F for slightly pink meat, about 2 to 3 minutes longer.
- ☐ Transfer chops to a platter and let stand for 5 minutes before serving.
- ☐ Serve chops with peach relish.
- ☐ Grilling Procedure
- ☐ Charcoal Grilling Instructions:•Open vents on bottom of grill: Light a large chimney starter full of charcoal (preferably hardwood).For Direct-heat Cooking:•When coals are lit, dump them out across bottom rack, leaving a space free of coals on one side of grill equal to the size of the food to be grilled where food can be moved in case of any flare-ups.•When charcoal turns grayish white (start checking coals after 15 minutes), the grill will be at its hottest and will then begin to cool off. It will be at the proper medium-hot temperature when you can hold your

hand 5 inches above the grill rack (directly over the coals) for 3 to 4 seconds.Gas Grilling
Instructions:•Preheat all burners on high covered, 10 minutes, then adjust heat according to
recipe.

Nutrition Facts



Properties

Glycemic Index:30.43, Glycemic Load:28.77, Inflammation Score:-5, Nutrition Score:6.0826086530705%

Flavonoids

Cyanidin: 3.04mg, Cyanidin: 3.04mg, Cyanidin: 3.04mg, Cyanidin: 3.04mg Catechin: 7.8mg, Catechin: 7.8mg, Catechin: 7.8mg, Catechin: 7.8mg Epigallocatechin: 1.65mg, Epigallocatechin: 1.65mg, Epigallocatechin: 1.65mg, Epigallocatechin: 1.65mg Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg Epigallocatechin 3–gallate: 0.48mg, Epigallocatechin 3–gallate: 0.48mg, Epigallocatechin 3–gallate: 0.48mg, Epigallocatechin 3–gallate: 0.48mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 320.49kcal (16.02%), Fat: 14.61g (22.47%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 49.28g (16.43%), Net Carbohydrates: 46.87g (17.05%), Sugar: 46.57g (51.74%), Cholesterol: 0.67mg (0.22%), Sodium: 18899.45mg (821.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Vitamin K: 30.67µg (29.21%), Vitamin E: 2.31mg (15.37%), Vitamin A: 517.48IU (10.35%), Copper: 0.19mg (9.65%), Fiber: 2.4g (9.61%), Manganese: 0.16mg (7.98%), Vitamin C: 6.5mg (7.88%), Vitamin B3: 1.36mg (6.79%), Potassium: 203.06mg (5.8%), Selenium: 3.91µg (5.59%), Magnesium: 16.76mg (4.19%), Iron: 0.73mg (4.08%), Phosphorus: 37.3mg (3.73%), Vitamin B2: 0.06mg (3.38%), Zinc: 0.46mg (3.1%), Vitamin B1: 0.04mg (2.99%), Calcium: 28.33mg (2.83%), Vitamin B5: 0.25mg (2.51%), Folate: 9.53µg (2.38%), Vitamin B6: 0.05mg (2.36%)