



Grilled Ribeye (Rib) Pork Chops with Easy Spicy BBQ Sauce

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon apple cider vinegar
- 1 tablespoon brown sugar
- 0.3 teaspoon cayenne pepper
- 2 tablespoons chives chopped
- 3 tablespoons heavy cream
- 0.3 cup catsup
- 1 teaspoon olive oil

- 4 ribeye pork chops (rib)
- 3 russet potatoes peeled chopped
- 4 servings salt and pepper to taste
- 1 tablespoon worcestershire sauce
- 0.5 onion yellow chopped

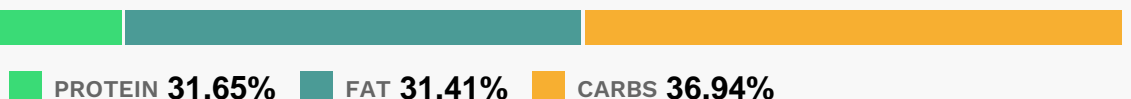
Equipment

- pot
- blender
- grill
- aluminum foil

Directions

- Preheat the grill over medium high heat and brush with olive oil. Season the chops with a generous amount of salt and pepper on both sides.
- Place pork on the grill for 8 to 9 minutes, turning once halfway through, until cooked to an internal temperature of 145 degrees F.
- Remove pork from the grill, tent it with foil; let it rest for 3 minutes.
- To make the mashed potatoes, add potatoes to a pot with water, over high heat and boil for 15 minutes.
- Drain the water and add the heavy cream. Mash the potatoes until smooth. Stir in the chopped chives, salt and pepper.
- To make the Spicy BBQ Sauce, heat the oil in a pot over medium heat.
- Saute the onion until soft and add ketchup, brown sugar, Worcestershire, vinegar, and cayenne. Simmer for 15 minutes so the sauce thickens and turn off heat. Once cooled, puree the sauce in a blender.
- Serve the chops alongside the potatoes and a spoonful of BBQ sauce.

Nutrition Facts



Properties

Glycemic Index:57.19, Glycemic Load:23.03, Inflammation Score:-6, Nutrition Score:23.627826151641%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 417.95kcal (20.9%), Fat: 14.55g (22.38%), Saturated Fat: 6.06g (37.9%), Carbohydrates: 38.51g (12.84%), Net Carbohydrates: 36.08g (13.12%), Sugar: 8.49g (9.43%), Cholesterol: 102.49mg (34.16%), Sodium: 462.11mg (20.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.99g (65.98%), Vitamin B6: 1.57mg (78.72%), Vitamin B1: 1.04mg (69.3%), Selenium: 45.59µg (65.13%), Vitamin B3: 12.65mg (63.24%), Phosphorus: 409.32mg (40.93%), Potassium: 1286.63mg (36.76%), Vitamin B2: 0.36mg (21.1%), Magnesium: 77.53mg (19.38%), Zinc: 2.64mg (17.59%), Manganese: 0.31mg (15.64%), Vitamin B5: 1.52mg (15.16%), Vitamin C: 12.33mg (14.94%), Copper: 0.27mg (13.61%), Iron: 2.43mg (13.51%), Vitamin B12: 0.73µg (12.14%), Fiber: 2.43g (9.71%), Vitamin A: 370.22IU (7.4%), Vitamin K: 7.68µg (7.31%), Folate: 28.85µg (7.21%), Calcium: 51.98mg (5.2%), Vitamin D: 0.72µg (4.77%), Vitamin E: 0.7mg (4.69%)