



WHATSheATE



Grilled Smoked Pork Chops with Sweet and Sour Glaze



Gluten Free



Dairy Free

READY IN



36 min.

SERVINGS



4

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup honey
- ☐ 1 juice of lime juiced
- ☐ 0.3 cup brown sugar light
- ☐ 8 thinly cut pork chops smoked 1/
- ☐ 1 teaspoon pepper flakes red
- ☐ 1 tablespoon vegetable oil for grill

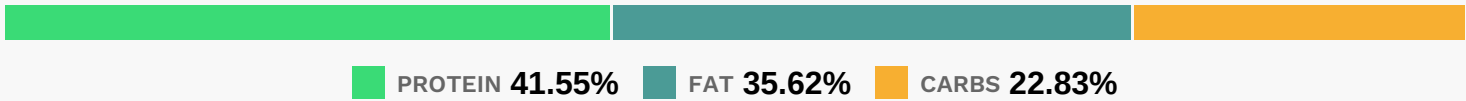
Equipment

- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a grill pan to medium-high.
- ☐ In a plastic resealable bag, big enough to fit the chops, mix together the sugar, honey, oil, lime juice, and red pepper flakes.
- ☐ Add the pork chops and let marinate for at least 20 minutes.
- ☐ Remove the pork from the marinade. Lightly brush the grill with oil.
- ☐ Put the chops on the grill and cook until grill marks form, about 2 minutes. Rotate the chops 90 degrees, and grill for 2 minutes more, to create diamond grill marks. Flip and cook another 2 minutes.
- ☐ Remove from grill to a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:9.1, Inflammation Score:-4, Nutrition Score:28.683478142904%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 565.4kcal (28.27%), Fat: 22.08g (33.96%), Saturated Fat: 7.1g (44.36%), Carbohydrates: 31.83g (10.61%), Net Carbohydrates: 31.58g (11.48%), Sugar: 30.9g (34.33%), Cholesterol: 179.56mg (59.85%), Sodium: 141.69mg (6.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.93g (115.87%), Selenium: 89.15µg (127.36%), Vitamin B1: 1.79mg (119.38%), Vitamin B3: 21.52mg (107.59%), Vitamin B6: 1.97mg (98.49%), Phosphorus: 609.63mg (60.96%), Vitamin B2: 0.51mg (29.98%), Potassium: 1047.47mg (29.93%), Zinc: 4.23mg (28.21%), Vitamin B12: 1.42µg (23.67%), Vitamin B5: 1.99mg (19.95%), Magnesium: 72.69mg (18.17%), Iron: 1.62mg (9%), Copper: 0.17mg (8.56%), Vitamin D: 1.07µg (7.15%), Vitamin K: 6.83µg (6.5%), Vitamin E: 0.83mg (5.56%), Calcium: 34.14mg (3.41%), Vitamin A: 162.72IU (3.25%), Vitamin C: 2.36mg (2.86%), Manganese: 0.05mg (2.72%)