



WHATSheATE

Grilled Sweet and Tangy Pork Chops



Gluten Free



Dairy Free

READY IN



29 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.3 teaspoon celery seed
- ☐ 2 tablespoons dijon mustard
- ☐ 1 teaspoon garlic powder
- ☐ 2 tablespoons catsup
- ☐ 2 tablespoons kosher salt

- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup real maple syrup
- ☐ 1 tablespoon onion powder
- ☐ 1 dash pepper sauce hot recommended: Tabasco
- ☐ 4 center pork chops bone in cut
- ☐ 0.3 teaspoon paprika smoked
- ☐ 1 dash worcestershire sauce

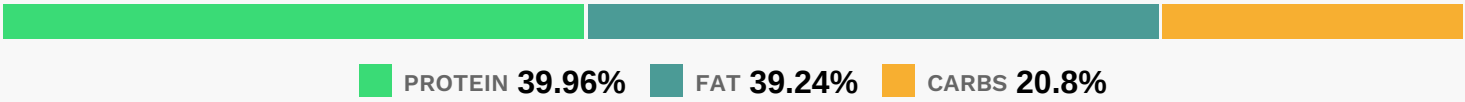
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the grill to medium-high heat.
- ☐ Season the pork chops lightly on both sides with the Seasoning Salt. Remember, we aren't rubbing the chops.
- ☐ Grill the chops for 5 to 7 minutes per side.
- ☐ Brush them with the Sweet and Tangy Glaze the last 5 minutes of grilling. Internal temperature should register 145 degrees F on an instant-read thermometer.
- ☐ Remove the chops from the grill to a serving platter and allow them to rest for 5 minutes before serving.
- ☐ Mix the salt, onion powder, black pepper, garlic powder, celery seed, cayenne, and smoked paprika in a small bowl. Reserve a small amount for another use.
- ☐ You can store the remaining Seasoning Salt in an airtight container for up to 6 months.
- ☐ In a small bowl, mix together the apple cider vinegar, maple syrup, ketchup, mustard, Worcestershire, and hot sauce. Season with salt and pepper, to taste, and refrigerate if not using immediately.

Nutrition Facts



Properties

Glycemic Index:56.13, Glycemic Load:5.14, Inflammation Score:-4, Nutrition Score:21.593478373859%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 369.17kcal (18.46%), Fat: 15.68g (24.12%), Saturated Fat: 5.12g (31.98%), Carbohydrates: 18.7g (6.23%), Net Carbohydrates: 17.78g (6.47%), Sugar: 14.01g (15.57%), Cholesterol: 116.96mg (38.99%), Sodium: 3740.61mg (162.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.92g (71.85%), Selenium: 60.41µg (86.3%), Vitamin B6: 1.23mg (61.6%), Vitamin B1: 0.86mg (57.58%), Vitamin B3: 11.43mg (57.16%), Phosphorus: 376.78mg (37.68%), Vitamin B2: 0.6mg (35.31%), Manganese: 0.68mg (34.01%), Zinc: 3.33mg (22.23%), Potassium: 713.93mg (20.4%), Vitamin B12: 0.9µg (14.97%), Magnesium: 56.59mg (14.15%), Vitamin B5: 1.25mg (12.49%), Iron: 1.57mg (8.72%), Calcium: 76.12mg (7.61%), Copper: 0.15mg (7.42%), Vitamin D: 0.85µg (5.65%), Fiber: 0.92g (3.69%), Vitamin A: 171.13IU (3.42%), Vitamin E: 0.43mg (2.87%), Vitamin K: 1.6µg (1.52%), Vitamin C: 0.93mg (1.12%)