



WHATSheATE



Honey Mustard BBQ Pork Chops



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 3 tablespoons dijon mustard
- ☐ 0.3 teaspoon tarragon dried
- ☐ 0.3 cup honey
- ☐ 2 teaspoons onion powder to taste
- ☐ 3 tablespoons orange juice
- ☐ 8 pork chops thin cut
- ☐ 1 teaspoon white wine

☐ 1 teaspoon worcestershire sauce

Equipment

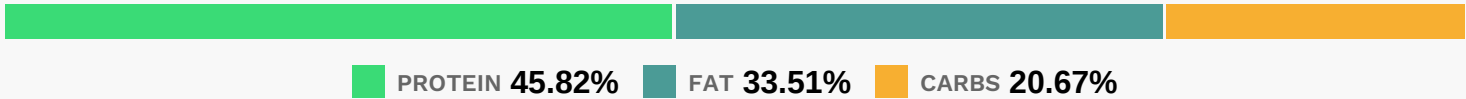
☐ grill

☐ ziploc bags

Directions

- ☐ Place honey, orange juice, vinegar, wine, Worcestershire sauce, onion powder, tarragon, and mustard in a large resealable plastic bag. Slash fatty edge of each chop in about three places without cutting into the meat; this will prevent the meat from curling during cooking.
- ☐ Place chops in the plastic bag, and marinate in the refrigerator for at least 2 hours.
- ☐ Preheat grill for high heat.
- ☐ Lightly oil grill grate.
- ☐ Place chops on grill, and discard marinade. Cook chops for 6 to 8 minutes, turning once, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:32.66, Glycemic Load:6.45, Inflammation Score:-2, Nutrition Score:15.905652121033%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 260.31kcal (13.02%), Fat: 9.51g (14.63%), Saturated Fat: 3.3g (20.63%), Carbohydrates: 13.2g (4.4%), Net Carbohydrates: 12.84g (4.67%), Sugar: 12.33g (13.7%), Cholesterol: 89.78mg (29.93%), Sodium: 137.1mg (5.96%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 29.27g (58.54%), Selenium: 46.47µg (66.38%), Vitamin B1: 0.91mg (60.88%), Vitamin B3: 10.79mg (53.96%), Vitamin B6: 0.99mg (49.4%), Phosphorus: 313.08mg (31.31%), Potassium: 542.98mg (15.51%), Vitamin B2: 0.26mg (15.36%), Zinc: 2.17mg (14.49%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.02mg (10.17%), Magnesium: 39.56mg (9.89%), Iron: 0.92mg (5.09%), Copper: 0.09mg (4.61%),

Vitamin C: 3.53mg (4.27%), Vitamin D: 0.54µg (3.57%), Manganese: 0.06mg (3.1%), Calcium: 18.09mg (1.81%), Fiber: 0.36g (1.45%), Vitamin E: 0.2mg (1.32%)