



## Lemon and Thyme Grilled Pork Chops



Gluten Free



Dairy Free



Low Fod Map

READY IN



310 min.

SERVINGS



6

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 bay leaves dried
- ☐ 0.5 cup kosher salt
- ☐ 2 lemon zest divided
- ☐ 0.5 cup brown sugar light packed
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 teaspoons pepper
- ☐ 6 pork chops bone-in with bones frenched\* if you like ()
- ☐ 1 cup sauvignon blanc white wine dry white

- ☐ 2.5 tablespoons thyme sprigs fresh coarsely chopped

## Equipment

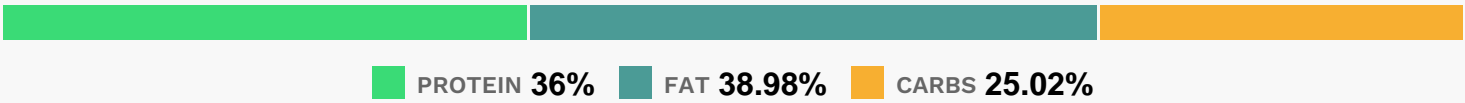
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ knife
- ☐ pot
- ☐ grill
- ☐ ziploc bags
- ☐ rolling pin
- ☐ mortar and pestle

## Directions

- ☐ Heat 1 1/2 qts. water, the bay leaves, and peppercorns in a large pot until boiling.
- ☐ Remove from heat and stir in wine, salt, 1/2 cup brown sugar, and the zest of 1 lemon. Nest pan in a sink of ice water and let brine cool.
- ☐ Add pork to brine. Chill at least 4 and up to 12 hours.
- ☐ Drain meat, rinse, pat dry, and set on a platter or baking sheet. In a bowl, mix oil, thyme, ground pepper, remaining 2 tsp. brown sugar, and the zest of 1 lemon. Pat mixture onto both sides of meat, pressing it in.
- ☐ Let meat stand at room temperature.
- ☐ Heat grill to medium (350 to 450).
- ☐ Heat a large cast-iron griddle, 12-in. paella pan, or 2 large cast-iron skillets on cooking grate with grill lid down until water dances when sprinkled on cooking surface, 8 to 10 minutes.
- ☐ Set chops on griddle and cook with grill lid down, turning once, until meat is well browned and done the way you like, 8 to 10 minutes total for medium-rare (cut to test).
- ☐ Transfer to a platter.
- ☐ \*Crack peppercorns in a mortar, or seal in a plastic bag and smash with a rolling pin. Rib chops come from the rib end of the loin; if they aren't already frenched (some meat trimmed

from the bone ends to make the chops look neater), ask a butcher to do it, or do it yourself by sliding a sharp knife along the bones.

## Nutrition Facts



## Properties

Glycemic Index:12.83, Glycemic Load:0.22, Inflammation Score:-10, Nutrition Score:17.12739130725%

## Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg

## Nutrients (% of daily need)

Calories: 356.2kcal (17.81%), Fat: 14.05g (21.61%), Saturated Fat: 3.95g (24.7%), Carbohydrates: 20.29g (6.76%), Net Carbohydrates: 19.49g (7.09%), Sugar: 17.87g (19.86%), Cholesterol: 89.78mg (29.93%), Sodium: 9501.19mg (413.1%), Alcohol: 4.13g (100%), Alcohol %: 2.31% (100%), Protein: 29.19g (58.38%), Selenium: 44.65µg (63.78%), Vitamin B1: 0.9mg (59.81%), Vitamin B3: 10.79mg (53.97%), Vitamin B6: 1mg (49.84%), Phosphorus: 308.01mg (30.8%), Potassium: 556.28mg (15.89%), Vitamin B2: 0.26mg (15.57%), Zinc: 2.17mg (14.5%), Vitamin B12: 0.71µg (11.84%), Magnesium: 42.9mg (10.73%), Vitamin B5: 1.03mg (10.26%), Manganese: 0.18mg (9.23%), Vitamin C: 7.27mg (8.82%), Iron: 1.52mg (8.43%), Copper: 0.12mg (5.9%), Vitamin E: 0.86mg (5.72%), Calcium: 48.35mg (4.83%), Vitamin K: 3.9µg (3.71%), Vitamin D: 0.54µg (3.57%), Fiber: 0.8g (3.21%), Vitamin A: 151.67IU (3.03%)