



Maple-Brined Pork

 Gluten Free

READY IN



540 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves crushed
- ☐ 0.5 teaspoon pepper black divided
- ☐ 1 tablespoon peppercorns black
- ☐ 2 tablespoons butter melted
- ☐ 4 garlic clove crushed
- ☐ 2 tablespoons kosher salt divided
- ☐ 0.5 cup beef broth fat-free
- ☐ 2.5 tablespoons maple syrup divided

- ☐ 2 peaches pitted ripe halved
- ☐ 2 plums pitted ripe halved
- ☐ 16 ounce pork chops boneless
- ☐ 3 cups water
- ☐ 1.5 teaspoons allspice whole

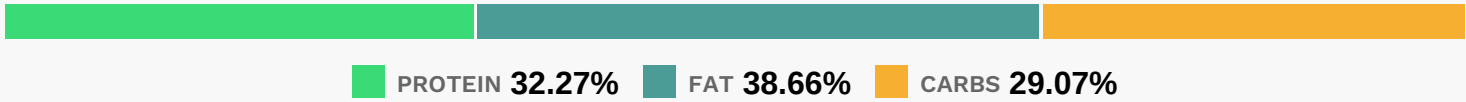
Equipment

- ☐ frying pan
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Place first 6 ingredients, 2 tablespoons salt, and 2 tablespoons syrup in a pan. Bring to a boil; dissolve salt. Cool. Seal pork and brine in a zip-top plastic bag. Chill 8 hours; drain.
- ☐ Preheat grill to medium-high heat.
- ☐ Sprinkle pork with 1/4 teaspoon salt and 1/4 teaspoon ground pepper. Grill pork on a rack coated with cooking spray 3 minutes on each side or until done.
- ☐ Combine 1 1/2 teaspoons syrup and butter; brush onto fruit.
- ☐ Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon ground pepper. Grill fruit, cut sides down, on rack coated with cooking spray for 3 minutes.
- ☐ Cut each peach and plum half in half again; serve with pork. Top with onions, if desired.

Nutrition Facts



Properties

Glycemic Index:68.6, Glycemic Load:7.71, Inflammation Score:-6, Nutrition Score:19.390434747157%

Flavonoids

Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 4.64mg, Catechin: 4.64mg, Catechin: 4.64mg, Catechin: 4.64mg

Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg
Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg Epicatechin 3–gallate: 0.25mg,
Epicatechin 3–gallate: 0.25mg, Epicatechin 3–gallate: 0.25mg, Epicatechin 3–gallate: 0.25mg Epigallocatechin 3–
gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–
gallate: 0.36mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin:
0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.84mg, Quercetin: 0.84mg,
Quercetin: 0.84mg, Quercetin: 0.84mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg,
Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 324.57kcal (16.23%), Fat: 14.11g (21.71%), Saturated Fat: 6.48g (40.53%), Carbohydrates: 23.87g (7.96%),
Net Carbohydrates: 21.12g (7.68%), Sugar: 17.11g (19.01%), Cholesterol: 91.03mg (30.34%), Sodium: 3664.9mg
(159.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.5g (53%), Selenium: 39.8µg (56.86%), Vitamin B1:
0.8mg (53.54%), Vitamin B3: 9.92mg (49.6%), Vitamin B6: 0.9mg (45.07%), Manganese: 0.82mg (41.23%),
Phosphorus: 290.79mg (29.08%), Vitamin B2: 0.41mg (24.25%), Potassium: 724.82mg (20.71%), Zinc: 2.17mg
(14.47%), Magnesium: 50.4mg (12.6%), Copper: 0.23mg (11.39%), Vitamin A: 564.66IU (11.29%), Fiber: 2.75g (11.01%),
Vitamin B5: 1.05mg (10.48%), Vitamin B12: 0.61µg (10.22%), Vitamin C: 7.88mg (9.55%), Vitamin K: 9.4µg (8.96%),
Iron: 1.38mg (7.68%), Calcium: 65.74mg (6.57%), Vitamin E: 0.97mg (6.49%), Vitamin D: 0.45µg (3.02%), Folate:
7.63µg (1.91%)