



HEALTH SCORE

100%

Maple Mustard Barbecued Pork Chops



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



8

CALORIES



3123 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon allspice
- 0.3 cup apple cider
- 1 teaspoon ground cumin
- 0.5 cup amber maple syrup dark
- 8 servings olive oil extra-virgin for drizzling
- 0.3 medium onion finely chopped
- 8 center pork loin chops boneless cut
- 3 golden delicious apples sliced

- 8 servings salt and pepper (preferred brand McCormick Montreal Steak Seasoning)

Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- grill
- grill pan

Directions

- Preheat grill pan or nonstick griddle pan over medium high heat. Preheat electric table top grills to high. Preheat oven to 350 degrees F.
- Combine maple syrup, mustard, cider, onion, allspice and cumin in a small saucepan and cook together over moderate heat for 5 minutes until sauce begins to thicken a bit.
- Coat chops lightly in oil and season with salt and pepper. Cook chops on hot grill pan or indoor grill 3 minutes on each side. Baste chops liberally with sauce, cook 2 or 3 minutes more.
- Transfer chops to a baking sheet. Baste again with sauce and transfer to a hot oven to finish cooking them.
- Bake 10 to 12 minutes, until your apples are ready to come off the grill pan.
- Wash apples but do not core or peel. Coat apple slices with a drizzle of oil. Season with grill seasoning or salt and pepper. Cover grill pan or indoor tabletop grill with as many pieces of apple as possible. As the apples get tender, pull them off and replace with more slices. Apples should cook 3 minutes on each side, you don't want them too soft, just tender.
- Platter chops with apples along side and serve.

Nutrition Facts

PROTEIN 65.56% **FAT 31.02%** **CARBS 3.42%**

Properties

Glycemic Index:19.53, Glycemic Load:7.86, Inflammation Score:-9, Nutrition Score:62.007825996565%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.49mg, Epicatechin: 5.49mg, Epicatechin: 5.49mg, Epicatechin: 5.49mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 3123.16kcal (156.16%), Fat: 103.46g (159.17%), Saturated Fat: 29.42g (183.88%), Carbohydrates: 25.65g (8.55%), Net Carbohydrates: 23.66g (8.6%), Sugar: 20.08g (22.31%), Cholesterol: 1382.85mg (460.95%), Sodium: 1079.81mg (46.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 491.93g (983.85%), Selenium: 608.2µg (868.86%), Vitamin B6: 16.63mg (831.67%), Vitamin B1: 9.76mg (650.59%), Vitamin B3: 126.26mg (631.32%), Phosphorus: 4952.58mg (495.26%), Zinc: 39.76mg (265.08%), Vitamin B2: 4.38mg (257.93%), Potassium: 8359.67mg (238.85%), Vitamin B12: 11.19µg (186.57%), Vitamin B5: 16.4mg (164.02%), Magnesium: 584.61mg (146.15%), Iron: 12.93mg (71.85%), Copper: 1.31mg (65.67%), Vitamin D: 8.78µg (58.53%), Manganese: 0.8mg (39.97%), Vitamin E: 5.03mg (33.52%), Vitamin K: 26.06µg (24.82%), Calcium: 160.38mg (16.04%), Fiber: 1.99g (7.96%), Vitamin C: 3.77mg (4.57%), Vitamin A: 93.49IU (1.87%), Folate: 5.53µg (1.38%)