



## Molasses-Brined Pork Chops

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons pepper black freshly ground
- 3 tablespoons brown sugar dark
- 2 tablespoons flour all-purpose
- 3 garlic cloves minced
- 0.3 teaspoon ground cardamom
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 0.5 teaspoon ground nutmeg

- 1 cup ice cubes
- 0.3 cup kosher salt
- 2 tablespoons blackstrap molasses
- 2 teaspoons olive oil
- 24 ounce center-cut pork chops bone-in ()
- 1 tablespoon teaspoon rubbed sage dried fresh finely chopped
- 0.5 teaspoon vanilla extract
- 3.5 cups water

## Equipment

- bowl
- frying pan

## Directions

- To prepare brine, combine water and salt in a large bowl, stirring until salt dissolves.
- Add sugar, molasses, and vanilla; stir until sugar dissolves. Stir in ice.
- Add chops; cover and refrigerate 8 hours or overnight.
- Remove chops from brine; pat dry. Discard brine.
- To prepare rub, combine sage and the next 6 ingredients (sage through garlic); rub over both sides of chops. Refrigerate for 30 minutes.
- Place flour in a shallow dish; dredge chops in the flour.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add chops; cook 5 minutes on each side or until done.

## Nutrition Facts



## Properties

Glycemic Index:65.25, Glycemic Load:5.74, Inflammation Score:-4, Nutrition Score:23.492173640624%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 369.75kcal (18.49%), Fat: 14.09g (21.68%), Saturated Fat: 4.58g (28.61%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 20.54g (7.47%), Sugar: 16.39g (18.21%), Cholesterol: 113.97mg (37.99%), Sodium: 7176.07mg (312%), Alcohol: 0.17g (100%), Alcohol %: 0.05% (100%), Protein: 37.4g (74.81%), Selenium: 59.89µg (85.56%), Vitamin B1: 1.18mg (78.6%), Vitamin B3: 13.98mg (69.9%), Vitamin B6: 1.35mg (67.67%), Phosphorus: 398.53mg (39.85%), Manganese: 0.61mg (30.54%), Potassium: 831.69mg (23.76%), Vitamin B2: 0.34mg (20.05%), Magnesium: 78.84mg (19.71%), Zinc: 2.82mg (18.83%), Vitamin B12: 0.9µg (15.03%), Vitamin B5: 1.37mg (13.75%), Copper: 0.23mg (11.51%), Vitamin K: 11.86µg (11.29%), Iron: 1.97mg (10.96%), Calcium: 73.41mg (7.34%), Vitamin D: 0.68µg (4.54%), Vitamin E: 0.59mg (3.91%), Fiber: 0.84g (3.36%), Folate: 8.82µg (2.21%), Vitamin C: 0.9mg (1.09%)