



Molasses-Brined Pork Chops



Gluten Free



Dairy Free

READY IN



385 min.

SERVINGS



4

CALORIES



703 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup kosher salt
- ☐ 0.5 cup blackstrap molasses
- ☐ 8 center cut bone-in
- ☐ 0.5 teaspoon vegetable oil
- ☐ 7 cups water cold

Equipment

- ☐ paper towels
- ☐ grill

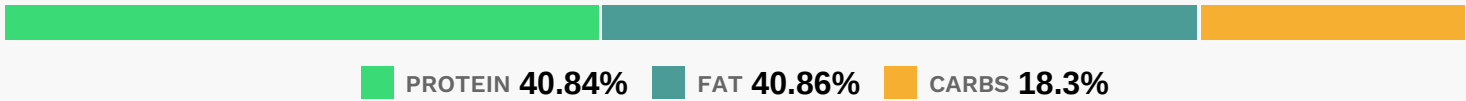
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kitchen thermometer

Directions

- ☐
- Combine salt, molasses, cloves, and boiling water in a large container. Stir until molasses and salt are dissolved; let cool to room temperature.
- ☐
- Pour cold water into molasses mixture; stir to combine.
- ☐
- Completely submerge pork chops in molasses mixture. Cover container and refrigerate for 6 hours.
- ☐
- Remove pork chops from brine and pat dry with paper towels. Lightly oil each chop.
- ☐
- Preheat an outdoor grill for medium–high heat and lightly oil the grate.
- ☐
- Place pork chops on the hottest part of the grill; cook each side until browned, 2 to 3 minutes.
- ☐
- Transfer to a medium–high area of the grill and cook pork until it is slightly pink in the center, 6 to 8 minutes per side. An instant–read thermometer inserted into the center of the chop should read 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:13.85, Inflammation Score:-6, Nutrition Score:35.810435125361%

Nutrients (% of daily need)

Calories: 703.43kcal (35.17%), Fat: 31.22g (48.03%), Saturated Fat: 10.24g (64%), Carbohydrates: 31.47g (10.49%), Net Carbohydrates: 31.47g (11.44%), Sugar: 31.47g (34.96%), Cholesterol: 233.91mg (77.97%), Sodium: 14369.41mg (624.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.21g (140.41%), Selenium: 122.12µg (174.45%), Vitamin B6: 2.65mg (132.25%), Vitamin B3: 22.83mg (114.15%), Vitamin B1: 1.66mg (110.76%), Phosphorus: 721.57mg (72.16%), Potassium: 1780.72mg (50.88%), Magnesium: 191.2mg (47.8%), Zinc: 6.2mg (41.34%), Vitamin B2: 0.64mg (37.74%), Manganese: 0.7mg (35.24%), Vitamin B12: 1.8µg (29.94%), Vitamin B5: 2.73mg (27.25%), Copper: 0.5mg (24.8%), Iron: 4.24mg (23.58%), Calcium: 171.95mg (17.19%), Vitamin D: 1.7µg (11.3%), Vitamin E: 0.45mg (3.02%)