



## Molasses-Grilled Chops with Horseradish Sauce

 Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons milk fat-free
- 1 teaspoon garlic powder
- 0.3 teaspoon ground pepper
- 1 tablespoon horseradish prepared
- 0.5 cup soya sauce low-sodium
- 0.3 cup blackstrap molasses
- 0.3 cup nonfat mayonnaise

- 2 teaspoons onion finely chopped
- 16 ounce center-cut loin pork chops boneless lean (1/)

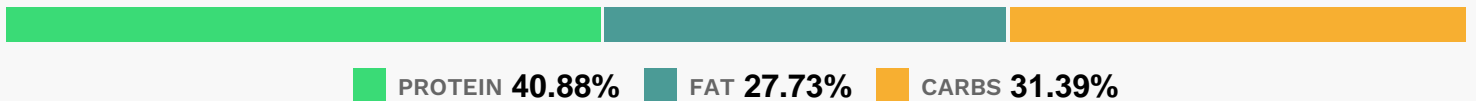
## Equipment

- sauce pan
- grill
- ziploc bags

## Directions

- Place pork chops in a large heavy-duty, zip-top plastic bag.
- Combine soy sauce, molasses, and garlic powder; stir well, and pour over pork chops. Seal bag; turn bag to coat chops. Marinate in refrigerator 4 to 8 hours, turning occasionally.
- Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Remove pork chops from marinade, discarding marinade.
- Place pork chops on rack; grill, covered, 5 minutes on each side or until meat is done.
- Remove from grill, and keep warm.
- Combine mayonnaise and remaining 4 ingredients in a small saucepan. Cook over low heat, stirring constantly, until thoroughly heated. Spoon horseradish sauce evenly over pork chops.

## Nutrition Facts



## Properties

Glycemic Index:44.06, Glycemic Load:7.27, Inflammation Score:-4, Nutrition Score:18.507825968058%

## Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 275.97kcal (13.8%), Fat: 8.42g (12.96%), Saturated Fat: 2.89g (18.08%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 20.71g (7.53%), Sugar: 18.31g (20.34%), Cholesterol: 77.61mg (25.87%), Sodium: 1344.37mg

(58.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.93g (55.86%), Selenium: 42.01µg (60.01%), Vitamin B1: 0.79mg (52.55%), Vitamin B6: 1.04mg (51.93%), Vitamin B3: 9.65mg (48.27%), Phosphorus: 333.24mg (33.32%), Magnesium: 105.99mg (26.5%), Potassium: 889.84mg (25.42%), Manganese: 0.5mg (24.91%), Vitamin B2: 0.31mg (18%), Zinc: 2.19mg (14.57%), Iron: 2.08mg (11.56%), Vitamin B5: 1.15mg (11.48%), Vitamin B12: 0.67µg (11.1%), Copper: 0.19mg (9.65%), Calcium: 79.87mg (7.99%), Folate: 16.95µg (4.24%), Vitamin D: 0.58µg (3.85%), Vitamin K: 3.83µg (3.64%), Fiber: 0.74g (2.95%), Vitamin E: 0.29mg (1.94%), Vitamin C: 1.02mg (1.23%)