



Mustard-Molasses Pork Chops

 Gluten Free

READY IN



36 min.

SERVINGS



20

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup balsamic vinegar
- ☐ 0.5 cup dijon mustard
- ☐ 1.5 tablespoons rosemary fresh finely chopped
- ☐ 1 Tbsp garlic minced
- ☐ 1 cup gorgonzola crumbled
- ☐ 0.7 cup blackstrap molasses
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon pepper

- ☐ 8.8 inch thick pork loin chops bone-in 4 lb. total
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon butter unsalted

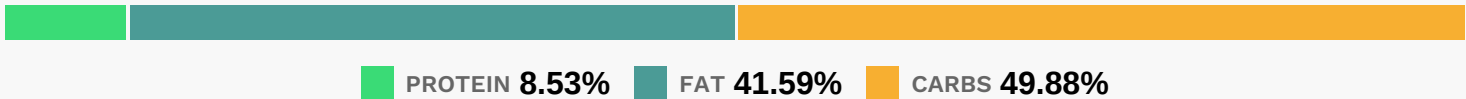
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Whisk vinegar, molasses, garlic, rosemary and 1/4 cup mustard in a bowl. Divide marinade between 2 large ziplock freezer bags; add chops and turn to coat. Seal and chill for 2 hours, turning occasionally.
- ☐ Preheat grill to medium-high (350F to 400F).
- ☐ Remove chops from marinade, shaking off excess. Set aside marinade.
- ☐ Brush chops with oil; sprinkle with salt and pepper.
- ☐ Grill chops, covered, until a meat thermometer inserted into thickest portion registers 145F, 5 to 6 minutes on each side.
- ☐ Transfer chops to a plate and cover loosely with foil; let stand.
- ☐ Whisk set-aside marinade and remaining 1/4 cup mustard in a small saucepan. Bring to a boil over medium-high heat and cook, stirring frequently, for 4 minutes. (Sauce will be thick.)
- ☐ Remove from heat and whisk in butter until melted. Spoon sauce over chops, sprinkle with Gorgonzola and serve.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:4.52, Inflammation Score:-2, Nutrition Score:3.1656521843827%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 83.96kcal (4.2%), Fat: 3.9g (6%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 10.21g (3.71%), Sugar: 9.78g (10.87%), Cholesterol: 6.49mg (2.16%), Sodium: 256.6mg (11.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Manganese: 0.23mg (11.54%), Magnesium: 33.21mg (8.3%), Selenium: 5.37µg (7.67%), Calcium: 61.05mg (6.11%), Potassium: 205.61mg (5.87%), Vitamin B6: 0.1mg (5.14%), Iron: 0.75mg (4.16%), Phosphorus: 37.23mg (3.72%), Copper: 0.07mg (3.38%), Vitamin B5: 0.22mg (2.21%), Vitamin B1: 0.03mg (1.76%), Vitamin E: 0.26mg (1.71%), Vitamin B2: 0.03mg (1.71%), Zinc: 0.25mg (1.7%), Vitamin B3: 0.29mg (1.46%), Vitamin A: 70.04IU (1.4%), Fiber: 0.32g (1.29%), Vitamin B12: 0.08µg (1.27%), Vitamin K: 1.29µg (1.23%)