



Orange-Brined Pork Chops with Herb Rub



Gluten Free



Dairy Free

READY IN



395 min.

SERVINGS



4

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 cups water
- ☐ 0.3 cup kosher salt
- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon orange zest grated
- ☐ 5 inch pork loin chops bone-in
- ☐ 1 tablespoon brown sugar
- ☐ 1 teaspoon rosemary dried crushed
- ☐ 0.5 teaspoon sage dried

- ☐ 0.5 teaspoon marjoram dried
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.1 teaspoon ground pepper red (cayenne)

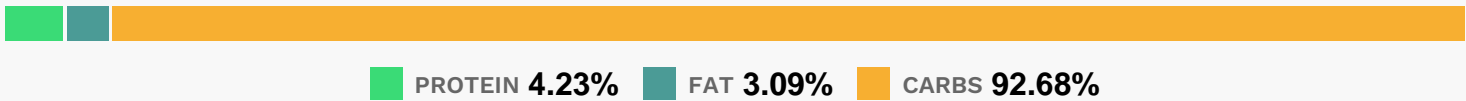
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ grill

Directions

- ☐ In large nonmetal bowl, combine all brine ingredients; mix well.
- ☐ Add pork chops. Cover bowl; refrigerate 6 to 8 hours to marinate. In small bowl, combine all remaining ingredients; mix well. Set aside.
- ☐ Heat grill.
- ☐ Remove pork chops from brine; discard brine. Pat pork chops dry with paper towels. Rub brown sugar-herb mixture into both sides of pork chops.
- ☐ When ready to grill, place pork chops on gas grill over medium-high heat or on charcoal grill 4 to 6 inches from medium-high coals. Cook 20 to 25 minutes or until no longer pink in center, turning once.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.9239130930408%

Nutrients (% of daily need)

Calories: 71.33kcal (3.57%), Fat: 0.25g (0.39%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 17.04g (5.68%), Net Carbohydrates: 16.82g (6.12%), Sugar: 16.26g (18.07%), Cholesterol: 2.13mg (0.71%), Sodium: 7097.5mg (308.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Copper: 0.83mg (41.63%), Calcium: 34.01mg (3.4%), Manganese: 0.06mg (2.92%), Vitamin C: 2.11mg (2.56%), Selenium: 1.34µg (1.91%), Vitamin B6: 0.04mg (1.89%), Magnesium: 7.16mg (1.79%), Vitamin B1: 0.02mg (1.66%), Iron: 0.27mg (1.49%), Vitamin B3: 0.29mg (1.47%),

Potassium: 43.75mg (1.25%)