



Peach-Glazed Barbecue Pork Chops and Peaches

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black divided
- 1 teaspoon chili powder
- 1 cup wine dry white
- 0.3 teaspoon ground pepper red
- 2 tablespoons blackstrap molasses
- 0.5 teaspoon paprika
- 1.5 pounds peaches peeled chopped

- 6 peaches pitted halved
- 36 ounce pork chops bone-in trimmed (1/)
- 1 teaspoon salt divided
- 0.3 cup sugar
- 2 tablespoons citrus champagne vinegar

Equipment

- food processor
- sauce pan
- grill
- ziploc bags

Directions

- Combine first 3 ingredients in a small saucepan; bring to a boil. Cover, reduce heat, and simmer 25 minutes. Uncover and simmer 5 minutes.
- Place peach mixture in a food processor; process until smooth.
- Add 3/4 teaspoon salt, 1/8 teaspoon black pepper, vinegar, and next 4 ingredients (vinegar through red pepper); pulse to combine.
- Let stand 5 minutes.
- Place half of peach mixture in a large heavy-duty zip-top plastic bag; reserve other half for basting.
- Add chops to bag; seal bag and refrigerate 30 minutes to 4 hours.
- Preheat grill.
- Remove pork from bag; discard marinade.
- Sprinkle pork with 1/4 teaspoon salt and 1/8 teaspoon black pepper.
- Place pork and peach halves on grill rack coated with cooking spray, and grill 10 minutes or until the pork is done and the peaches are tender, turning once. Baste pork and peach halves with the reserved peach mixture every 2 minutes during the first 6 minutes of cooking.

Nutrition Facts



■ PROTEIN 35.97% ■ FAT 26.11% ■ CARBS 37.92%

Properties

Glycemic Index:48.1, Glycemic Load:17.31, Inflammation Score:-8, Nutrition Score:27.454782838407%

Flavonoids

Cyanidin: 5.06mg, Cyanidin: 5.06mg, Cyanidin: 5.06mg, Cyanidin: 5.06mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 13.27mg, Catechin: 13.27mg, Catechin: 13.27mg, Catechin: 13.27mg Epigallocatechin: 2.74mg, Epigallocatechin: 2.74mg, Epigallocatechin: 2.74mg, Epigallocatechin: 2.74mg Epicatechin: 6.38mg, Epicatechin: 6.38mg, Epicatechin: 6.38mg, Epicatechin: 6.38mg Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 461.33kcal (23.07%), Fat: 12.64g (19.44%), Saturated Fat: 4.23g (26.46%), Carbohydrates: 41.29g (13.76%), Net Carbohydrates: 37.12g (13.5%), Sugar: 35.83g (39.81%), Cholesterol: 113.97mg (37.99%), Sodium: 514.04mg (22.35%), Alcohol: 4.12g (100%), Alcohol %: 1.05% (100%), Protein: 39.17g (78.34%), Selenium: 63.2µg (90.29%), Vitamin B1: 1.2mg (80.28%), Vitamin B3: 15.88mg (79.4%), Vitamin B6: 1.38mg (68.91%), Phosphorus: 453.93mg (45.39%), Potassium: 1096.82mg (31.34%), Vitamin B2: 0.41mg (24.13%), Zinc: 3.34mg (22.25%), Magnesium: 86.7mg (21.68%), Vitamin A: 1081.54IU (21.63%), Manganese: 0.35mg (17.28%), Vitamin B5: 1.72mg (17.2%), Copper: 0.34mg (17.1%), Fiber: 4.17g (16.68%), Vitamin E: 2.35mg (15.64%), Vitamin B12: 0.9µg (15.03%), Vitamin C: 10.89mg (13.2%), Iron: 2.31mg (12.81%), Vitamin K: 8.75µg (8.33%), Vitamin D: 0.68µg (4.54%), Calcium: 42.31mg (4.23%), Folate: 16.48µg (4.12%)