



Pecan Crusted Double-Cut Pork Chops



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



4

CALORIES



1198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ancho chile pepper dried crushed
- ☐ 0.5 cup beer
- ☐ 0.5 teaspoon pepper black
- ☐ 4 servings pepper black freshly ground
- ☐ 40 ounce pork chops thick-cut bone-in
- ☐ 0.5 cup brown sugar
- ☐ 0.5 teaspoon chicken stock see
- ☐ 0.5 cup cider vinegar

- ☐ 1 teaspoon mustard dry
- ☐ 0.5 tablespoon garlic chopped
- ☐ 0.5 cup honey
- ☐ 5 cups catsup
- ☐ 0.5 tablespoon liquid smoke
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon onion powder
- ☐ 1 cup pecans chopped
- ☐ 4 servings salt
- ☐ 1.5 cups water
- ☐ 0.3 cup worcestershire sauce

Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot

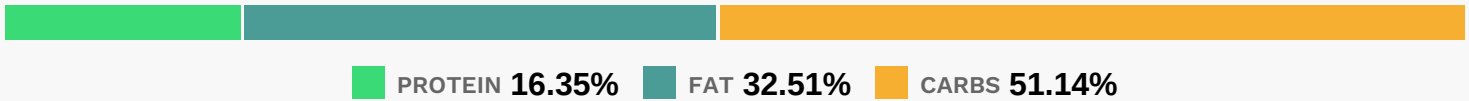
Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Season pork chops on both sides with salt and pepper.
- ☐ Pour 1 tablespoon olive oil on a plate and spread the pecans on another plate.
- ☐ Lay each pork chop in the olive oil to coat and then coat both sides with the chopped pecans on both sides.
- ☐ Heat the remaining olive oil in a large skillet over medium heat.
- ☐ Add pork chops and cook until pecans are light brown on that side. Turn the chops over in the pan and place in the oven until an internal temperature of 165 degrees F is reached, about 10 minutes.
- ☐ Drizzle the chops with Ancho Chili Pepper Barbecue Sauce and serve immediately with plenty of sauce for dipping.
- ☐ Heat a large stockpot over high heat.

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Add all the ingredients and stir. Bring to a boil. Reduce the heat to medium-low and simmer for 1 to 2 hours. Strain the sauce and serve immediately or keep warm until ready to use.

Nutrition Facts



Properties

Glycemic Index:59.19, Glycemic Load:18.99, Inflammation Score:-10, Nutrition Score:46.075652702995%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.9mg, Catechin: 1.9mg, Catechin: 1.9mg, Catechin: 1.9mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 1198.06kcal (59.9%), Fat: 45.04g (69.29%), Saturated Fat: 8.99g (56.2%), Carbohydrates: 159.39g (53.13%), Net Carbohydrates: 153.27g (55.73%), Sugar: 131.87g (146.52%), Cholesterol: 146.73mg (48.91%), Sodium: 3285.5mg (142.85%), Alcohol: 1.15g (100%), Alcohol %: 0.18% (100%), Protein: 50.94g (101.89%), Selenium: 77.46µg (110.66%), Vitamin B6: 2.13mg (106.66%), Vitamin B3: 19.81mg (99.05%), Manganese: 1.71mg (85.32%), Vitamin B1: 1.26mg (83.8%), Vitamin A: 3899.07IU (77.98%), Vitamin B2: 1.09mg (63.96%), Phosphorus: 632.48mg (63.25%), Potassium: 2081.32mg (59.47%), Vitamin E: 6.31mg (42.06%), Copper: 0.8mg (40.04%), Zinc: 5.71mg (38.06%), Magnesium: 142.8mg (35.7%), Iron: 5.05mg (28.07%), Fiber: 6.12g (24.47%), Vitamin K: 24.36µg (23.2%), Vitamin C: 18.23mg (22.1%), Vitamin B5: 2.03mg (20.31%), Vitamin B12: 1.13µg (18.88%), Calcium: 163.17mg (16.32%), Folate: 42.43µg (10.61%), Vitamin D: 1.06µg (7.09%)