



Quick-Brined Grilled Pork Chops with Treviso and Balsamic Glaze



Gluten Free



Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup balsamic vinegar
- ☐ 1 head belgian endive
- ☐ 1 tablespoon butter
- ☐ 3 tablespoons kosher salt
- ☐ 3 tablespoons olive oil extra virgin extra-virgin ()
- ☐ 4 servings parsley fresh italian chopped
- ☐ 4 pork chops 1-inch-thick

- ☐ 1 head radicchio thinly
- ☐ 1.5 tablespoons sugar

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ glass baking pan

Directions

- ☐ Prepare barbecue (medium-high heat).
- ☐ Mix 1 1/2 cups water, coarse salt, and sugar in 11 x 7 x 2-inch glass baking dish; stir until salt and sugar dissolve.
- ☐ Add pork chops; let brine 20 minutes, turning occasionally.
- ☐ Cut Treviso and endive lengthwise into quarters, keeping some core attached to each piece.
- ☐ Place on baking sheet; brush with some oil.
- ☐ Sprinkle with salt and pepper. Boil vinegar in small skillet until reduced to 1/4 cup, about 5 minutes.
- ☐ Whisk in butter. Season glaze with salt and pepper.
- ☐ Remove pork from brine; pat dry.
- ☐ Brush with oil; sprinkle with pepper. Grill pork, Treviso, and endive until vegetables are softened and thermometer inserted horizontally into center of chops registers 150°F, 2 to 3 minutes per side for vegetables and 7 to 8 minutes per side for chops.
- ☐ Transfer pork and vegetables to plates.
- ☐ Drizzle glaze over; sprinkle with parsley.
- ☐ The pork chops call for TREVISIO, a slender, torpedo-shaped variety of radicchio that's reddish-purple with a pleasantly bitter flavor. If you can't find Treviso, use a small head of round radicchio and quarter it as directed in the recipe.

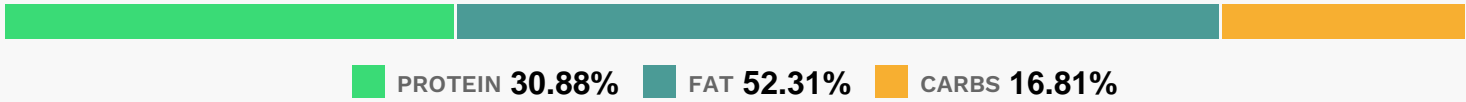
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Per serving:504 calories,33 g fat,4 g fiber

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Bon Appétit

Nutrition Facts



Properties

Glycemic Index:50.52, Glycemic Load:7.25, Inflammation Score:-7, Nutrition Score:24.754782832187%

Flavonoids

Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 26.64mg, Luteolin: 26.64mg, Luteolin: 26.64mg, Luteolin: 26.64mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 22.07mg, Quercetin: 22.07mg, Quercetin: 22.07mg, Quercetin: 22.07mg

Nutrients (% of daily need)

Calories: 404.81kcal (20.24%), Fat: 22.87g (35.19%), Saturated Fat: 6.58g (41.13%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 15.37g (5.59%), Sugar: 12.1g (13.44%), Cholesterol: 97.31mg (32.44%), Sodium: 5348.31mg (232.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.38g (60.76%), Vitamin K: 250.67µg (238.73%), Selenium: 45.09µg (64.41%), Vitamin B1: 0.92mg (61.12%), Vitamin B3: 10.96mg (54.79%), Vitamin B6: 1.02mg (51.1%), Phosphorus: 346.53mg (34.65%), Potassium: 817mg (23.34%), Vitamin E: 3.38mg (22.53%), Zinc: 2.63mg (17.54%), Copper: 0.34mg (17.16%), Vitamin B2: 0.28mg (16.3%), Vitamin C: 11.29mg (13.69%), Magnesium: 53.21mg (13.3%), Folate: 53.09µg (13.27%), Vitamin B5: 1.2mg (12.02%), Vitamin B12: 0.72µg (11.94%), Manganese: 0.2mg (10.1%), Iron: 1.8mg (10%), Vitamin A: 452.53IU (9.05%), Calcium: 47.86mg (4.79%), Fiber: 1.17g (4.69%), Vitamin D: 0.54µg (3.57%)