

# Root Beer Pork Chops



Gluten Free



Dairy Free



Low Fod Map

READY IN



160 min.

SERVINGS



4

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup beef stock
- 2 tablespoons brown sugar
- 0.5 teaspoon hot sauce
- 4 pork chops ()
- 1 pinch salt to taste
- 4 servings salt and pepper to taste
- 2 teaspoons worcestershire sauce

## Equipment

- sauce pan
- grill
- kitchen thermometer

## Directions

- Place the pork chops in a dish; pour 2 cans of the root beer over the chops.
- Place in refrigerator to marinate at least 2 hours.
- Remove the pork chops from the root beer; season with salt and pepper.
- Combine the remaining can of root beer, the beef stock, brown sugar, hot sauce, and Worcestershire sauce in a saucepan over medium heat; simmer the mixture until it reduces to about 3/4 cup. Set aside.
- Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- Grill the pork chops on the preheated grill until the no longer pink in the center, about 8 minutes per side. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).
- Brush the chops generously with the reduction sauce and continue cooking for about 2 minutes more per side.
- Remove from grill and brush with any remaining sauce. Season with salt to taste before serving.

## Nutrition Facts

**PROTEIN 51.57%** **FAT 36.1%** **CARBS 12.33%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:16.006956288429%

## Nutrients (% of daily need)

Calories: 240.66kcal (12.03%), Fat: 9.36g (14.39%), Saturated Fat: 3.3g (20.65%), Carbohydrates: 7.19g (2.4%), Net Carbohydrates: 7.19g (2.61%), Sugar: 6.45g (7.17%), Cholesterol: 89.78mg (29.93%), Sodium: 440.49mg (19.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.07g (60.14%), Selenium: 45.16µg (64.52%), Vitamin B1: 0.92mg (61.06%), Vitamin B3: 11.26mg (56.28%), Vitamin B6: 1.01mg (50.45%), Phosphorus: 323.54mg (32.35%), Potassium: 643.56mg (18.39%), Vitamin B2: 0.31mg (18.05%), Zinc: 2.19mg (14.58%), Vitamin B12: 0.71µg (11.84%), Magnesium: 40mg (10%), Vitamin B5: 0.98mg (9.83%), Iron: 1.04mg (5.77%), Copper: 0.11mg (5.71%), Vitamin D:

0.54µg (3.57%), Calcium: 22.54mg (2.25%), Vitamin E: 0.18mg (1.22%)