



Smoky Grilled Pork Steaks with "Magic Dust"



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 0.5 cup apple juice
- ☐ 2 slices bacon thick finely chopped
- ☐ 0.3 teaspoon ground pepper
- ☐ 3 tablespoons chili powder
- ☐ 2 tablespoons kosher salt
- ☐ 2.5 tablespoons ground mustard dry
- ☐ 1 garlic clove minced

- ☐ 0.5 cup brown sugar packed ()
- ☐ 2 tablespoons sea salt
- ☐ 2 tablespoons ground cumin
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup catsup
- ☐ 0.3 cup onion grated
- ☐ 0.3 cup paprika
- ☐ 56 ounce pork steaks (each)
- ☐ 0.7 cup seasoned rice vinegar
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup apple green grated
- ☐ 2 tablespoons worcestershire sauce
- ☐ 1 tablespoon mustard yellow

Equipment

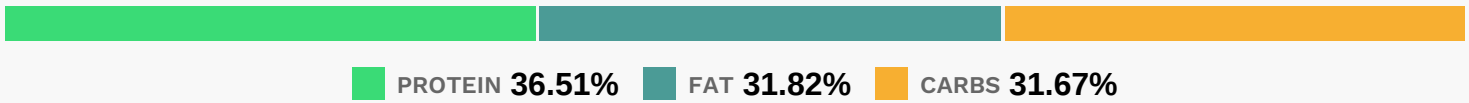
- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Mix ingredients in jar; seal.
- ☐ Do ahead: Can be made 2 months ahead. Store at room temperature.
- ☐ Heat large saucepan over medium-low heat.
- ☐ Add bacon and sauté until golden, about 4 minutes.
- ☐ Add onion, apple, and garlic. Sauté 4 minutes.
- ☐ Add all remaining ingredients. Simmer until sauce begins to thicken, stirring often, about 10 minutes. Cool.
- ☐ Transfer to bowl, cover, and chill.
- ☐ Do ahead: Can be made 1 week ahead. Keep chilled.

- ☐ Sprinkle magic dust over both sides of steaks, about 1 1/2 tablespoons for each steak.
- ☐ Transfer to platter; cover and chill overnight.
- ☐ Transfer pork to clean platter. Thickly coat 1 side with sauce; sprinkle lightly with magic dust.
- ☐ Do ahead: Can be prepared 1 day ahead. Cool completely. Cover and refrigerate.
- ☐ Remove pans from barbecue and prepare charcoal grills with fresh coals (medium heat), or heat gas grills to medium heat.
- ☐ Place pork on grill, sauce side up. Grill until heated through and sauce begins to caramelize, occasionally turning and brushing with more sauce, about 8 minutes. Slice pork and serve.

Nutrition Facts



Properties

Glycemic Index:51.36, Glycemic Load:3.4, Inflammation Score:-9, Nutrition Score:32.268260945445%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 443.55kcal (22.18%), Fat: 15.67g (24.11%), Saturated Fat: 4.93g (30.84%), Carbohydrates: 35.1g (11.7%), Net Carbohydrates: 31.79g (11.56%), Sugar: 26.33g (29.26%), Cholesterol: 122.7mg (40.9%), Sodium: 2318.7mg (100.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.46g (80.92%), Selenium: 64.28µg (91.83%), Vitamin B1: 1.19mg (79.66%), Vitamin B6: 1.31mg (65.28%), Vitamin A: 2761.66IU (55.23%), Vitamin B2: 0.91mg (53.74%), Vitamin B3: 10.32mg (51.6%), Zinc: 7.38mg (49.21%), Phosphorus: 481.08mg (48.11%), Vitamin B5: 3.34mg (33.44%), Vitamin B12: 1.83µg (30.56%), Iron: 5.5mg (30.54%), Potassium: 1066.15mg (30.46%), Vitamin E: 3.28mg (21.87%), Magnesium: 79.14mg (19.78%), Manganese: 0.37mg (18.64%), Copper: 0.35mg (17.49%), Fiber: 3.31g (13.23%), Calcium: 95.73mg (9.57%), Vitamin D: 1.21µg (8.08%), Vitamin K: 7.36µg (7.01%), Vitamin C: 3.17mg (3.85%), Folate: 11.95µg (2.99%)