



Spice-Rubbed Grill Pork Chops

READY IN



52 min.

SERVINGS



4

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon allspice
- 0.3 cup beef stock low-sodium
- 2 tablespoons butter
- 1 tablespoon flour all-purpose
- 1 teaspoon ground cumin
- 4 servings kosher salt and pepper black freshly ground
- 4 servings kosher salt and pepper freshly ground
- 4 servings olive oil for brushing grill grates
- 0.5 cup pomegranate juice

- 32 ounce center-cut loin pork chops boneless
- 1 tablespoon raspberry preserves
- 1 tablespoon red wine vinegar
- 4 servings rice for serving
- 1 shallots minced

Equipment

- bowl
- sauce pan
- whisk
- grill
- aluminum foil

Directions

- Watch how to make this recipe.
- Heat a grill to medium-high heat and brush the grill grates with olive oil.
- Whisk together 1 1/2 teaspoons salt, 1 teaspoon pepper, cumin and allspice in a small bowl.
- Sprinkle the pork chops with the rub. Grill the pork chops on each side 6 to 7 minutes, for a total of 12 to 14 minutes.
- Remove the chops to a plate and tent with foil.
- In a small saucepan, melt the butter. Once the butter starts to foam, add the shallot and saute until tender.
- Add the flour and stir until pasty. Stir in the pomegranate juice, beef stock, red wine vinegar and raspberry preserves. Bring to a simmer while stirring. The sauce will thicken when it begins to simmer. Taste and then season with salt and pepper.
- Serve the pork chops over the rice with sauce ladled over top.
- Garnish with fresh pomegranate seeds.

Nutrition Facts



■ PROTEIN 35.19% ■ FAT 56.71% ■ CARBS 8.1%

Properties

Glycemic Index:80.8, Glycemic Load:3.68, Inflammation Score:-4, Nutrition Score:27.789564972338%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 576.61kcal (28.83%), Fat: 35.69g (54.91%), Saturated Fat: 11.14g (69.61%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 10.98g (3.99%), Sugar: 6.94g (7.71%), Cholesterol: 167mg (55.67%), Sodium: 384.23mg (16.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.83g (99.66%), Selenium: 76.41µg (109.16%), Vitamin B1: 1.55mg (103.08%), Vitamin B3: 18.49mg (92.47%), Vitamin B6: 1.7mg (84.77%), Phosphorus: 533.42mg (53.34%), Potassium: 984.39mg (28.13%), Vitamin B2: 0.46mg (26.89%), Zinc: 3.66mg (24.38%), Vitamin B12: 1.21µg (20.23%), Vitamin B5: 1.78mg (17.84%), Vitamin E: 2.62mg (17.48%), Magnesium: 67mg (16.75%), Vitamin K: 12.42µg (11.83%), Iron: 1.86mg (10.32%), Copper: 0.16mg (8.2%), Manganese: 0.13mg (6.42%), Vitamin D: 0.91µg (6.05%), Vitamin A: 192.5IU (3.85%), Folate: 14.32µg (3.58%), Calcium: 33.29mg (3.33%), Fiber: 0.48g (1.93%), Vitamin C: 1.13mg (1.37%)