



## Spicy Grilled Jerk Pork Chops Recipe



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 pork chops bone-in
- 10 garlic clove coarsely chopped
- 0.3 cup ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon ground thyme dried
- 1 large onion coarsely chopped
- 3 tablespoons salt

- 12 spring onion white green coarsely chopped
- 3 scotch bonnet peppers coarsely chopped (or habaneros)
- 1 tablespoon paprika smoked
- 0.3 cup soya sauce
- 0.3 cup vegetable oil
- 0.3 cup vinegar white

## Equipment

- food processor
- bowl
- grill
- aluminum foil

## Directions

- Place the onion, scallions, garlic and chiles in the bowl of a large food processor fitted with the metal blade. Top with the allspice, salt, paprika, cinnamon, nutmeg and thyme.
- Pour in the soy sauce, vegetable oil, vinegar and 1/4 cup water. Pulse to break everything down and then process for about 30 seconds, until all the big chunks are gone.
- Put the jerk paste in a big nonreactive bowl. One at a time, dredge the pork chops in the paste, leaving them in the bowl when fully covered. Cover the bowl and refrigerate for at least 1 hour and up to 8 hours. Prepare an outdoor grill to cook direct over medium heat. Using cooking gloves to handle the pork, pull each chop out of the paste and place it directly on the grill grate, keeping as much paste on the chop as possible. Discard the remaining paste. Cook for 4 to 5 minutes per side, until the chops are golden brown and have reached an internal temperature of 150°F.
- Transfer them to a platter and tent loosely with aluminum foil.
- Let them rest for 5 minutes before serving. Try out these pork chop recipes on Food Republic: [Chicago-Style Pork Chop Sandwiches Recipe](#)
- [Pork Chop-Stuffed French Toast Recipe](#)
- [Pork Chops With Cherry Mustard Recipe](#)

## Nutrition Facts

PROTEIN 35.72% FAT 53.67% CARBS 10.61%

## Properties

Glycemic Index:50.67, Glycemic Load:2.03, Inflammation Score:-8, Nutrition Score:27.225652072741%

## Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg

## Nutrients (% of daily need)

Calories: 421.67kcal (21.08%), Fat: 25.2g (38.77%), Saturated Fat: 6.72g (41.99%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 8.2g (2.98%), Sugar: 2.33g (2.59%), Cholesterol: 116.96mg (38.98%), Sodium: 4132.28mg (179.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.74g (75.47%), Selenium: 58.65µg (83.79%), Vitamin B6: 1.37mg (68.46%), Vitamin K: 71.17µg (67.78%), Vitamin B3: 12.12mg (60.59%), Vitamin B1: 0.88mg (58.44%), Phosphorus: 403.28mg (40.33%), Manganese: 0.47mg (23.65%), Potassium: 820.11mg (23.43%), Vitamin B2: 0.39mg (22.88%), Zinc: 3.38mg (22.53%), Vitamin C: 17.02mg (20.63%), Vitamin A: 905.04IU (18.1%), Magnesium: 65.58mg (16.39%), Vitamin B12: 0.9µg (14.97%), Iron: 2.69mg (14.95%), Vitamin B5: 1.35mg (13.49%), Fiber: 3.01g (12.05%), Calcium: 109.79mg (10.98%), Copper: 0.21mg (10.69%), Vitamin E: 1.48mg (9.88%), Folate: 26.1µg (6.53%), Vitamin D: 0.85µg (5.65%)