



## Sweet Mustard BBQ Pork Chops

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 pork chops bone-in
- 0.3 cup dijon mustard
- 2 cloves garlic crushed
- 3 teaspoons pepper black
- 0.5 cup honey
- 0.3 cup juice of lemon
- 0.3 cup soya sauce

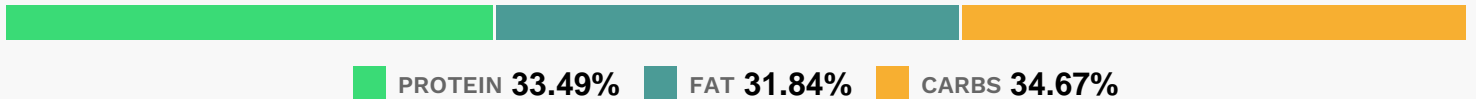
### Equipment

- bowl
- grill
- kitchen thermometer
- aluminum foil

## Directions

- Combine honey, Dijon mustard, lemon juice, soy sauce, and garlic in a bowl. Stir until sugar dissolves.
- Place pork chops in large resealable plastic container or bag.
- Pour marinade over pork chops; seal bag/container. Refrigerate for at least 4 hours (preferably overnight), shaking container or turning bag occasionally. Prepare barbecue (medium-high heat).
- Sprinkle pork chops with fresh cracked pepper. Grill pork chops until instant-read thermometer inserted into center of chops registers 145 F to 150 F, about 5–7 minutes per side, brushing with leftover marinade and moving chops to cooler part of rack if burning.
- Transfer chops to platter; cover with foil, and let stand 5 minutes.
- Serve.

## Nutrition Facts



## Properties

Glycemic Index:40.32, Glycemic Load:18.69, Inflammation Score:-3, Nutrition Score:21.352608695652%

## Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Taste

Sweetness: 51.17%, Saltiness: 100%, Sourness: 26.74%, Bitterness: 23.55%, Savoriness: 71.59%, Fattiness: 65.04%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 444.52kcal (22.23%), Fat: 15.94g (24.52%), Saturated Fat: 5.14g (32.14%), Carbohydrates: 39.06g (13.02%), Net Carbohydrates: 37.73g (13.72%), Sugar: 35.67g (39.63%), Cholesterol: 116.96mg (38.99%), Sodium: 1076.78mg (46.82%), Protein: 37.72g (75.44%), Selenium: 63.34µg (90.48%), Vitamin B6: 1.26mg (63.07%), Vitamin B3: 11.97mg (59.86%), Vitamin B1: 0.87mg (57.89%), Phosphorus: 397.49mg (39.75%), Vitamin B2: 0.38mg (22.08%), Zinc: 3.3mg (21.99%), Manganese: 0.4mg (20.06%), Potassium: 699.16mg (19.98%), Magnesium: 60.35mg (15.09%), Vitamin B12: 0.9µg (14.97%), Vitamin B5: 1.37mg (13.73%), Iron: 2.02mg (11.23%), Copper: 0.18mg (9%), Vitamin C: 6.64mg (8.05%), Calcium: 57.73mg (5.77%), Vitamin D: 0.85µg (5.65%), Fiber: 1.33g (5.31%), Vitamin K: 2.71µg (2.59%), Vitamin E: 0.3mg (1.98%), Folate: 7.9µg (1.97%)