



Wine Infused Grilled Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



619 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar packed
- 1 tablespoon rosemary fresh chopped
- 3 cloves garlic minced
- 1 teaspoon fresh-ground pepper
- 32 ounce center cut pork chops
- 1.5 teaspoons salt
- 32 ounce red cooking wine holland house®

Equipment

- bowl
- grill
- aluminum foil
- microwave

Directions

- To make our brine flavor infusion, pour about 2/3 cup cooking wine into a glass. Stir in rosemary and garlic. Microwave on high 1 minute. Cool to room temperature--at least 30 minutes, stirring once or twice. (Or place glass in an ice water bath to chill faster; stir occasionally.)
- Meanwhile, pour remaining Holland House cooking wine into a non-metallic container or bowl that is wide and deep enough to hold the 4 chops.
- Add sugar, salt and pepper; stir until sugar and salt are dissolved. Stir in the cooled flavor infusion.
- Place pork chops in brine so they are completely submerged. Cover and refrigerate 18 to 24 hours, turning chops at least once.
- Preheat grill to medium-low heat, 325-350 degrees F. Arrange coals to grill chops over indirect heat.
- Drain chops and discard brine. If desired, rub both sides of chops with ancho chile powder. Grill 10 minutes; turn and grill 4-6 minutes more or until internal temperature is 140 degrees F.
- Remove, cover with foil and let rest 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:1.16, Inflammation Score:-8, Nutrition Score:28.378695677156%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Petunidin: 4.49mg, Petunidin: 4.49mg, Petunidin: 4.49mg, Petunidin: 4.49mg Delphinidin: 4.56mg, Delphinidin: 4.56mg, Delphinidin: 4.56mg, Delphinidin: 4.56mg Malvidin: 31.39mg, Malvidin: 31.39mg, Malvidin: 31.39mg, Malvidin: 31.39mg Peonidin: 2.84mg, Peonidin: 2.84mg, Peonidin: 2.84mg, Peonidin: 2.84mg Catechin: 16.19mg, Catechin: 16.19mg, Catechin: 16.19mg, Catechin:

16.19mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg
Epicatechin: 8.6mg, Epicatechin: 8.6mg, Epicatechin: 8.6mg, Epicatechin: 8.6mg Epicatechin 3-gallate: 0.02mg,
Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Hesperetin: 1.43mg,
Hesperetin: 1.43mg, Hesperetin: 1.43mg Naringenin: 4.14mg, Naringenin: 4.14mg, Naringenin:
4.14mg, Naringenin: 4.14mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.1mg,
Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin:
0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg
Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 2.4mg, Quercetin: 2.4mg,
Quercetin: 2.4mg, Quercetin: 2.4mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg,
Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 619.24kcal (30.96%), Fat: 15.8g (24.3%), Saturated Fat: 5.58g (34.87%), Carbohydrates: 25.07g (8.36%),
Net Carbohydrates: 24.83g (9.03%), Sugar: 19.22g (21.35%), Cholesterol: 151.95mg (50.65%), Sodium: 995.73mg
(43.29%), Alcohol: 24.04g (100%), Alcohol %: 6.38% (100%), Protein: 49.27g (98.53%), Selenium: 76.09µg (108.7%),
Vitamin B1: 1.53mg (101.95%), Vitamin B3: 18.67mg (93.35%), Vitamin B6: 1.81mg (90.72%), Phosphorus: 570.02mg
(57%), Potassium: 1177.55mg (33.64%), Vitamin B2: 0.49mg (29.06%), Zinc: 3.88mg (25.85%), Magnesium: 89.73mg
(22.43%), Manganese: 0.44mg (21.77%), Vitamin B12: 1.2µg (20.03%), Vitamin B5: 1.77mg (17.65%), Iron: 2.43mg
(13.53%), Copper: 0.18mg (8.81%), Vitamin D: 0.91µg (6.05%), Calcium: 57.65mg (5.76%), Vitamin E: 0.3mg (2.01%),
Vitamin K: 1.76µg (1.68%)