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Balsamic-Glazed Pork Chops ♦♦

Balsamic-Glazed Pork Chops are a delicious and flavorful main dish. The pork chops are marinated in a tangy balsamic glaze and then grilled to perfection. They are perfect for a weeknight dinner or a special occasion. Serve with roasted vegetables and mashed potatoes for a complete meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	pork chops
4 tbsp	balsamic vinegar
2 tbsp	honey
2 tbsp	dijon mustard

2 cloves	garlic cloves
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2 tbsp	olive oil
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1 tsp	salt
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1 tsp	black pepper
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Directions

Step 1

In a small bowl, whisk together balsamic vinegar, honey, Dijon mustard, minced garlic, olive oil, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Refrigerating

Place the pork chops in a large resealable bag and pour the marinade over them. Seal the bag and refrigerate for at least 1 hour, or overnight for best results.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Preheating

Preheat the grill to medium-high heat. Remove the pork chops from the marinade, allowing any excess to drip off. Discard the marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

Grill the pork chops for 6-7 minutes per side, or until they reach an internal temperature of 145°F (63°C).

Prep Time: 0 mins

Cook Time: 14 mins

Step 5

Resting

Remove the pork chops from the grill and let them rest for 5 minutes before serving.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Serving

Serve the Balsamic-Glazed Pork Chops with your favorite side dishes and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 280 kcal

Fat: 15 g

Protein: 26 g

Carbohydrates: 9 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	26 g	152.94%	152.94%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	9 g	16.36%	18%
Fibers	0 g	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	15 g	53.57%	60%
Cholesterol	75 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	25 mg	1923.08%	1923.08%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	470 mg	20.43%	20.43%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	430 mg	12.65%	16.54%
Zinc	15 mg	136.36%	187.5%
Selenium	35 mcg	63.64%	63.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

French

American

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Dinner

Snack

Brunch

Supper

Events

Picnic

Course

Appetizers

Main Dishes

Side Dishes

Soups

Sauces & Dressings

Cooking Method

Steaming

Simmering

Healthy For

Gastroesophageal reflux disease (GERD)

Difficulty Level

Medium

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