

Barbecued Pork Steaks - recipe from TheOtherWhiteMeat.com

Times: 10 minutes prep, 25 minutes cook

Ingredients:

4 pork blade steaks, 1 to 1 1/4-inches thick

1/2 cup bottled barbecue sauce

1/3 cup honey

1 tablespoon Worcestershire sauce

1 teaspoon garlic salt

1/2 teaspoon prepared mustard

Cooking Directions:

Place steaks on grill about 4 inches above medium-slow coals. Cook about 8 minutes on each side.

Meanwhile, stir together remaining ingredients in a small bowl. Brush steaks with sauce and continue cooking 5 minutes more, turning and brushing with sauce.

Serves 4

Nutrition:

Calories: 244 calories

Protein: 20 grams



Fat: 8 grams

Sodium: 811 milligrams

Cholesterol: 67 milligrams

Saturated Fat: 3 grams

Carbohydrates: 28 grams

Fiber: 1 grams

