

Hoppin' Habanero and Honey Pork Chops - recipe from TheOtherWhiteMeat.com

Times: 15 minutes prep, 15 minutes cook

Ingredients:

4 boneless pork chops, 1-inch thick

1 12-oz can beer

3 tablespoons honey

1 tablespoon hot habanero pepper sauce

1 1/2 clove garlic, minced

1 bay leaf

Cooking Directions:

For marinade, in a small saucepan combine beer, honey, pepper sauce, garlic and bay leaf. Bring to boiling; reduce heat. Cover and simmer for 15 minutes. Remove and discard bay leaf. Place chops in a 1-gallon self-sealing plastic bag; pour marinade over chops, seal bag and refrigerate for 2 hours.

Drain chops, discarding marinade. Place chops on a kettle-style grill directly over medium-hot coals, lower grill hood and grill chops for 4-6 minutes. Turn chops and grill for 4-6 minutes more or until internal temperature on a thermometer reads 160 degrees F.

Servings: 4



Nutrition:

Calories: 231 calories

Protein: 23 grams

Fat: 6 grams

Sodium: 145 milligrams

Cholesterol: 57 milligrams

Saturated Fat: 2 grams

Carbohydrates: 17 grams

Fiber: 0 grams

