

## Grilled Pork Chops with Rhubarb Chutney

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### Dish With

Herb Roasted Yukon Gold Potatoes

**Maximum Order Quantity:** 2

### Modifications

Dish can be modified for dietary needs:

- **Gluten/Wheat Free:** No Modifications Needed



Six juicy pork chops basted with a sweet and savory combination of red currant jelly and Dijon mustard. Serve with a homemade chutney of rhubarb, cranberries, green onion, balsamic vinegar, cinnamon, coriander and sugar.

### Nutrition Facts Servings: 6

#### Pork Chops

| Amount/Serving                  |          |
|---------------------------------|----------|
| <b>Calories</b>                 | 240      |
| Fat Cal.                        | 99       |
| <b>Total Fat</b>                | 11g      |
| Sat. Fat                        | 2.5g     |
| Trans Fat                       | 0g       |
| <b>Cholest.</b>                 | 55mg     |
| <b>Sodium</b>                   | 290mg    |
| <b>Total Carb</b>               | 12g      |
| Dietary Fiber                   | 0g       |
| Sugars                          | 12g      |
| <b>Protein</b>                  | 22g      |
| <b>Weight Watchers® Points®</b> | <b>6</b> |

#### Rhubarb Chutney

| Amount/Serving                  |          |
|---------------------------------|----------|
| <b>Calories</b>                 | 50       |
| Fat Cal.                        | 0        |
| <b>Total Fat</b>                | 0g       |
| Sat. Fat                        | 0g       |
| Trans Fat                       | 0g       |
| <b>Cholest.</b>                 | 0mg      |
| <b>Sodium</b>                   | 100mg    |
| <b>Total Carb</b>               | 12g      |
| Dietary Fiber                   | 0g       |
| Sugars                          | 10g      |
| <b>Protein</b>                  | 0g       |
| <b>Weight Watchers® Points®</b> | <b>1</b> |

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## At-Home Cooking Directions

**CHUTNEY:** Place the contents of the seasoning bag (containing the cinnamon stick) into a small saucepan. Bring to a boil over medium-high heat. Add the contents of the rhubarb bag and simmer 15-20 minutes or until rhubarb is tender. Discard cinnamon stick. (Chutney can be made in advance and chilled up to 24 hours). **GRILL/PORK CHOPS:** Preheat grill over medium-high heat. Stir contents of the jelly/mustard container. Grill 5-7 minutes per side or until internal temperature reaches 160 °F, basting occasionally with the jelly mixture. **OVEN/PORK CHOPS:** Preheat oven to 400 °F. Stir contents of the jelly/mustard container and brush both sides of the pork chops with the sauce. Place in a 9 x 13 baking pan and cook 20-25 minutes or until internal temperature reaches 160 °F. **TO SERVE:** Serve pork topped with rhubarb chutney.



Cook Method  
**Grill**



Cook Time  
**10 minutes**



Cook Method 2  
**Stovetop**



Thawing  
Instructions  
**Thaw in Fridge or  
Microwave on  
Defrost**



Alternate Cook  
Method  
**Stovetop**

## Ingredients\*

Pork Chops, Rhubarb, Currant Jelly (currant juice, high fructose corn syrup, corn syrup, fruit pectin, citric acid, sodium citrate), Sugar, Dried Cranberries (cranberries, sugar, sunflower oil), Balsamic Vinegar, Green Onion, Canola Oil, Dijon Mustard (black mustard seeds, water, vinegar, white wine, salt, sulfites Cinnamon Stick, Pepper, Coriander, Cumin, Salt, Cayenne Pepper.

\* Items may contain common allergens or come in contact with other allergens that are prepared in this facility. Substitutions may occur. Please contact your local store directly to verify ingredients if you have any specific questions. Nutritional Data is based on 6 servings.