

Grilled BBQ Pork Chops

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-baked-bbq-pork-chops-recipe>

Ingredients:

- 2 pork chops one inch thick about 8 to 10 oz each
- 2 cups water cold
- 2 tablespoons table salt
- 2 tablespoons brown sugar
- 1/4 cup bbq sauce choice

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 40 milligrams
4. Fat: 3 grams
5. Protein: 17 grams
6. SaturatedFat: 1 grams
7. Sodium: 3890 milligrams
8. Sugar: 8 grams

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