



Banana Chip Crusted Jerk Pork Chops

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



894 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups banana chips
- 32 ounce pork chops bone-in
- 14 ounce black beans canned
- 4 servings rice white cooked for serving
- 3 teaspoons walkerswood jamaican jerk seasoning dry
- 4 servings kosher salt and pepper black freshly ground
- 0.5 cup panko bread crumbs
- 1 bunch scallions

7 tablespoons vegetable oil

Equipment

frying pan

sauce pan

blender

Directions

Chop the scallions, keeping the whites and greens separate.

Heat 1 tablespoon of the oil in a medium saucepan over medium heat until hot. Stir in the scallion whites and 1/4 teaspoon each salt and pepper and cook, stirring occasionally, until the scallions are golden, about 2 minutes. Stir in the beans along with any liquid in the can, bring to a simmer and then remove from the heat. Adjust seasoning if needed.

Pulse the banana chips in a blender until finely ground. Stir the banana crumbs together with the panko and jerk seasoning.

Sprinkle each pork chop with a generous pinch of salt and pepper, and then dredge them in the banana crumb coating, pressing so the crumbs adhere.

Heat 3 tablespoons of the oil in a large heavy skillet over medium-high heat until hot. Then add the pork chops in batches and cook, turning once, until golden and just pink in the center, about 8 minutes total. Wipe out the skillet and cook the remaining pork chops with the remaining 3 tablespoons oil in the same manner.

Let the pork stand 5 minutes.

Serve the pork with the rice and beans, sprinkled with the reserved scallion greens.

Nutrition Facts



PROTEIN 20.25% **FAT 51.21%** **CARBS 28.54%**

Properties

Glycemic Index:43.25, Glycemic Load:24.02, Inflammation Score:-7, Nutrition Score:34.59086955112%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 894.01kcal (44.7%), Fat: 51.01g (78.47%), Saturated Fat: 18.23g (113.94%), Carbohydrates: 63.95g (21.32%), Net Carbohydrates: 53.29g (19.38%), Sugar: 12g (13.34%), Cholesterol: 117.37mg (39.12%), Sodium: 557.75mg (24.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.39g (90.78%), Selenium: 67.42µg (96.32%), Vitamin B1: 1.09mg (72.43%), Vitamin B6: 1.44mg (72.05%), Vitamin B3: 13.12mg (65.6%), Manganese: 1.23mg (61.5%), Vitamin K: 58.85µg (56.04%), Phosphorus: 533.74mg (53.37%), Fiber: 10.66g (42.63%), Potassium: 1149.38mg (32.84%), Vitamin B2: 0.51mg (29.74%), Magnesium: 117.79mg (29.45%), Zinc: 4.37mg (29.14%), Iron: 4.24mg (23.55%), Copper: 0.46mg (22.9%), Folate: 79.66µg (19.92%), Vitamin B5: 1.95mg (19.46%), Vitamin E: 2.87mg (19.14%), Vitamin B12: 0.93µg (15.46%), Vitamin A: 545.75IU (10.91%), Calcium: 104.12mg (10.41%), Vitamin C: 5.83mg (7.06%), Vitamin D: 0.85µg (5.67%)