



Caribbean Pork With Mango Salsa



Gluten Free



Dairy Free

READY IN



33 min.

SERVINGS



4

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup poblano chile pepper finely chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 mangos fresh diced peeled
- ☐ 2 tablespoons orange juice concentrate frozen thawed
- ☐ 0.5 teaspoon pepper
- ☐ 16 ounce center-cut pork loin chops boneless (1/)

- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar

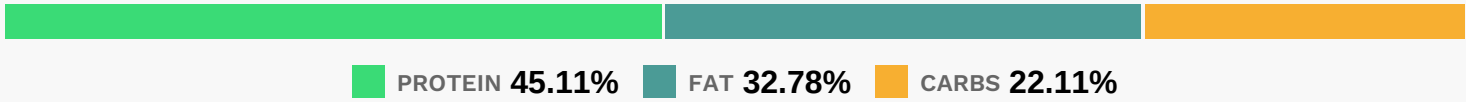
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 6 ingredients in a medium bowl, and toss well. Cover and chill.
- ☐ Combine allspice, pepper, and salt in a small bowl; mix well.
- ☐ Sprinkle evenly on one side of pork.
- ☐ Place a large nonstick skillet over medium-high heat until hot. Lightly coat pork with cooking spray. Cook pork, seasoned side down, 6 minutes or until lightly browned. Turn pork, and cook 6 to 7 additional minutes or until done.
- ☐ Serve with mango salsa.

Nutrition Facts



Properties

Glycemic Index:56.46, Glycemic Load:4.08, Inflammation Score:-6, Nutrition Score:18.158260718636%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 226.14kcal (11.31%), Fat: 8.16g (12.56%), Saturated Fat: 2.85g (17.84%), Carbohydrates: 12.39g (4.13%), Net Carbohydrates: 11.01g (4%), Sugar: 10.26g (11.41%), Cholesterol: 75.98mg (25.33%), Sodium: 347.28mg (15.1%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.28g (50.55%), Vitamin C: 44.77mg (54.27%), Selenium: 37.91µg (54.16%), Vitamin B1: 0.8mg (53.53%), Vitamin B3: 9.6mg (48%), Vitamin B6: 0.95mg (47.51%), Phosphorus: 273.13mg (27.31%), Potassium: 603.32mg (17.24%), Vitamin B2: 0.25mg (14.66%), Vitamin A: 677.62IU (13.55%), Zinc: 1.85mg (12.36%), Magnesium: 40.69mg (10.17%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.99mg (9.94%), Folate: 30.26µg (7.56%), Copper: 0.15mg (7.35%), Manganese: 0.11mg (5.58%), Fiber: 1.38g (5.51%), Vitamin E: 0.74mg (4.92%), Iron: 0.8mg (4.42%), Vitamin K: 4.61µg (4.39%), Vitamin D: 0.45µg (3.02%), Calcium: 21.66mg (2.17%)