



Chili-Rubbed Pork Chops

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



4

CALORIES



629 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup new mexico chili powder
- 2 cloves garlic smashed
- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground cumin
- 4 servings kosher salt
- 2 large onions
- 0.5 teaspoon oregano dried
- 8 pork chops thin-cut boneless trimmed (2 pounds total)

4 servings vegetable oil for brushing

Equipment

- bowl
- frying pan
- blender
- grill pan

Directions

- Roughly chop 1/2 onion and place in a blender with the chili powder, 1 1/2 teaspoons salt, the oregano, cumin, cloves and garlic. Puree, adding about 1/3 cup water to make a thick paste.
- Slice the remaining 1 1/2 onions into thin rings and place in a bowl with the chili puree and pork; toss to coat.
- Lightly brush a large cast-iron skillet or grill pan with vegetable oil and place over high heat until almost smoking.
- Place 4 pork chops in the skillet and surround with half of the onions. Cook until the pork starts to blacken on the outside and is cooked through, about 4 minutes per side. Repeat with the remaining pork chops and onions.
- Serve with rice, if desired.
- Photograph by Antinos Achilleos

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:1.69, Inflammation Score:-10, Nutrition Score:43.883043351381%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 15.25mg, Quercetin:

15.25mg, Quercetin: 15.25mg, Quercetin: 15.25mg

Nutrients (% of daily need)

Calories: 628.94kcal (31.45%), Fat: 35.58g (54.74%), Saturated Fat: 9.23g (57.7%), Carbohydrates: 17.67g (5.89%), Net Carbohydrates: 9.32g (3.39%), Sugar: 4.63g (5.15%), Cholesterol: 179.56mg (59.85%), Sodium: 649.85mg (28.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.4g (122.81%), Selenium: 93.35µg (133.36%), Vitamin B1: 1.88mg (125.1%), Vitamin B6: 2.47mg (123.57%), Vitamin B3: 23.82mg (119.09%), Vitamin A: 5865.68IU (117.31%), Phosphorus: 690.62mg (69.06%), Vitamin E: 9.09mg (60.63%), Vitamin K: 48.66µg (46.34%), Potassium: 1508.55mg (43.1%), Vitamin B2: 0.71mg (41.5%), Zinc: 5.17mg (34.46%), Fiber: 8.34g (33.37%), Iron: 5.21mg (28.95%), Manganese: 0.57mg (28.61%), Magnesium: 108.85mg (27.21%), Vitamin B12: 1.42µg (23.67%), Vitamin B5: 2.23mg (22.28%), Copper: 0.39mg (19.27%), Calcium: 111.02mg (11.1%), Vitamin C: 6.18mg (7.49%), Vitamin D: 1.07µg (7.15%), Folate: 20.46µg (5.12%)