



Cilantro-Crusted Pork Chops with Chipotle-Peanut Sauce

 Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tsp brown sugar
- 1 chipotle pepper in adobo sauce canned chopped
- 3 Tbsp creamy peanut butter
- 1 eggs beaten
- 0.5 cup chicken broth fat-free reduced-sodium
- 0.3 cup cilantro leaves fresh divided finely chopped
- 2 cloves garlic minced

- 3 Tbsp oil divided
- 1.5 lb pork chops boneless
- 1.3 cups ritz crackers crushed finely
- 0.3 cup planters roasted peanuts dry chopped

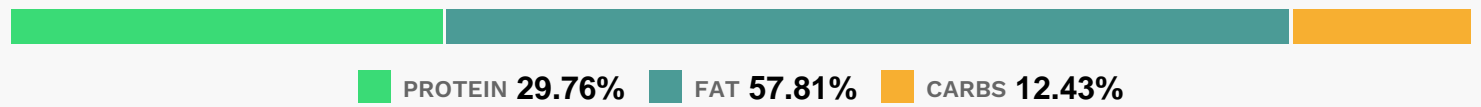
Equipment

- frying pan
- sauce pan

Directions

- Combine cracker crumbs and 1/4 cup cilantro in pie plate. Dip chops in egg, then in crumb mixture, turning to evenly coat both sides of each chop.
- Heat 1 Tbsp. oil in large nonstick skillet on medium heat.
- Add 3 chops; cook 4 min. on each side or until done (145F).
- Remove from skillet; cover to keep warm. Repeat with 1 Tbsp. of the remaining oil and remaining chops; remove from heat, then let stand 3 min.
- Meanwhile, heat remaining oil in small saucepan on medium heat.
- Add garlic; cook and stir 2 to 3 min. or until golden brown.
- Add broth, peanut butter, peppers and sugar; stir. Bring to boil on medium-high heat; simmer on medium-low heat 3 min. or until thickened, stirring occasionally.
- Serve chops topped with sauce, nuts and remaining cilantro.

Nutrition Facts



Properties

Glycemic Index:2.17, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:3.2408695810515%

Flavonoids

Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 68.61kcal (3.43%), Fat: 4.41g (6.78%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 1.88g (0.68%), Sugar: 0.5g (0.56%), Cholesterol: 17.7mg (5.9%), Sodium: 53.68mg (2.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.21%), Selenium: 7.17µg (10.25%), Vitamin B3: 2.02mg (10.08%), Vitamin B1: 0.14mg (9.59%), Vitamin B6: 0.16mg (7.92%), Phosphorus: 61.51mg (6.15%), Vitamin E: 0.5mg (3.37%), Vitamin B2: 0.05mg (3.13%), Manganese: 0.06mg (2.98%), Potassium: 93.9mg (2.68%), Zinc: 0.4mg (2.66%), Magnesium: 9.96mg (2.49%), Vitamin K: 2.41µg (2.3%), Vitamin B5: 0.2mg (2.04%), Vitamin B12: 0.12µg (2.01%), Iron: 0.28mg (1.54%), Copper: 0.03mg (1.32%), Folate: 4.49µg (1.12%), Fiber: 0.26g (1.02%)