



## Cilantro-Crusted Pork Chops with Chipotle-Peanut Sauce

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### 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

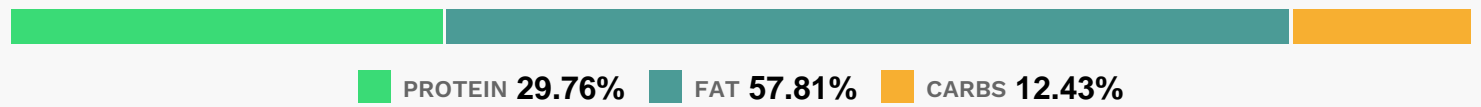
## Equipment

- 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:12.67, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:18.902608671914%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

## Nutrients (% of daily need)

Calories: 400.23kcal (20.01%), Fat: 25.7g (39.55%), Saturated Fat: 5.5g (34.35%), Carbohydrates: 12.44g (4.15%), Net Carbohydrates: 10.94g (3.98%), Sugar: 2.92g (3.25%), Cholesterol: 103.26mg (34.42%), Sodium: 313.16mg (13.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.78g (59.55%), Selenium: 41.84µg (59.78%), Vitamin B3: 11.76mg (58.8%), Vitamin B1: 0.84mg (55.93%), Vitamin B6: 0.92mg (46.22%), Phosphorus: 358.79mg (35.88%), Vitamin E: 2.95mg (19.64%), Vitamin B2: 0.31mg (18.27%), Manganese: 0.35mg (17.39%), Potassium: 547.74mg (15.65%), Zinc: 2.32mg (15.5%), Magnesium: 58.1mg (14.53%), Vitamin K: 14.06µg (13.39%), Vitamin B5: 1.19mg (11.89%), Vitamin B12: 0.7µg (11.74%), Iron: 1.61mg (8.97%), Copper: 0.15mg (7.67%), Folate: 26.16µg (6.54%), Fiber: 1.49g (5.97%), Calcium: 42.44mg (4.24%), Vitamin D: 0.6µg (4%), Vitamin A: 104.33IU (2.09%)