



Cocoa-and-Chile-Rubbed Pork Chops



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon ancho chile powder pure
- ☐ 1.5 teaspoons pepper red crushed
- ☐ 4 servings kosher salt
- ☐ 1 tablespoon brown sugar light
- ☐ 4 servings olive oil extra-virgin for brushing
- ☐ 5.5 inch thick pork loin chops boneless
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 2 water

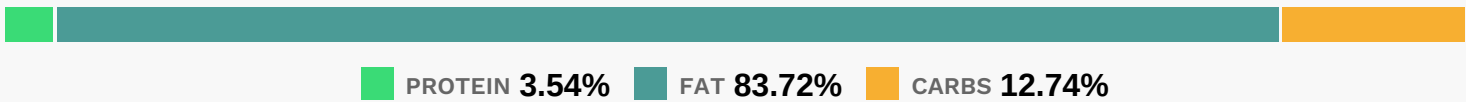
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ In a large bowl, combine the water with the red pepper and 1 1/2 teaspoons of salt and stir until the salt dissolves.
- ☐ Add the pork chops and let brine at room temperature for 1 hour.
- ☐ Light a grill and create a cool zone. (For a charcoal grill, rake the coals to one side; for a gas grill, leave one side unlit.) In a bowl, mix the cocoa, sugar and ancho powder with 1 tablespoon of salt.
- ☐ Drain the pork chops and pat dry, removing any bits of crushed pepper.
- ☐ Brush generously with olive oil.
- ☐ Roll the pork chops in the cocoa rub and pat to help it adhere. Grill over moderately high heat for 4 minutes, turning the chops once or twice until lightly browned.
- ☐ Transfer the chops to the cool zone, cover and grill for about 15 minutes, until an instant-read thermometer inserted in the center of the chops registers 135 for medium meat.
- ☐ Let the chops rest for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:4.004782528495%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 150.38kcal (7.52%), Fat: 14.71g (22.62%), Saturated Fat: 2.14g (13.4%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 3.61g (1.31%), Sugar: 3.13g (3.48%), Cholesterol: 2.2mg (0.73%), Sodium: 242.48mg (10.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Vitamin E: 3.07mg (20.47%), Vitamin A: 815.38IU (16.31%), Vitamin K: 11.37µg (10.82%), Fiber: 1.42g (5.68%), Manganese: 0.1mg (4.87%), Vitamin B6: 0.09mg (4.33%), Iron: 0.77mg (4.28%), Copper: 0.08mg (4%), Magnesium: 11.62mg (2.9%), Vitamin B3: 0.55mg (2.75%), Potassium: 89.86mg (2.57%), Phosphorus: 25.4mg (2.54%), Selenium: 1.74µg (2.49%), Vitamin B2: 0.04mg (2.08%), Zinc: 0.27mg (1.79%), Vitamin B1: 0.02mg (1.55%), Calcium: 13.9mg (1.39%)