



Colombian-Style Pork Chops (Chuletas de Cerdo)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pork chops bone-in
- ☐ 6 garlic cloves crushed
- ☐ 1 tablespoon ground cumin
- ☐ 2 tablespoon ground thyme
- ☐ 4 juice of lime
- ☐ 0.3 cup olive oil
- ☐ 4 tablespoons onion powder

- ☐ 1 tablespoon oregano dried
- ☐ 4 servings salt and pepper

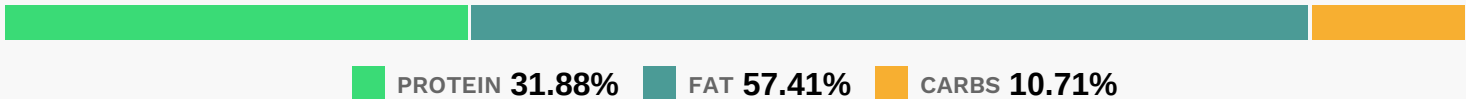
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ glass baking pan

Directions

- ☐ In a medium bowl mix the lime juice, onion powder, garlic, thyme, oregano, cumin, salt, and pepper.
- ☐ Place the pork chops in a glass baking pan and add the lime mixture.
- ☐ Place in the refrigerator for 6 hours or overnight.
- ☐ Place the pork chops in a pot filled with water. Cook for about 15 minutes over medium heat.
- ☐ Remove the pork chops from the pot and set aside.
- ☐ Heat a large pan over medium heat and add the oil. When the oil is hot, place the pork chops in the pan and fry for 3 minutes on each side until golden brown.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.46, Inflammation Score:-10, Nutrition Score:26.221304489219%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 460.02kcal (23%), Fat: 29.46g (45.32%), Saturated Fat: 7.05g (44.09%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 9.65g (3.51%), Sugar: 1.14g (1.26%), Cholesterol: 116.96mg (38.99%), Sodium: 297.69mg (12.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.81g (73.61%), Selenium: 59.19µg (84.55%), Vitamin B6: 1.33mg (66.47%), Vitamin B1: 0.89mg (59.5%), Vitamin B3: 11.54mg (57.71%), Vitamin K: 50.81µg (48.39%), Phosphorus: 401.23mg (40.12%), Iron: 5.45mg (30.27%), Zinc: 3.59mg (23.93%), Manganese: 0.45mg (22.69%), Potassium: 762.51mg (21.79%), Vitamin B2: 0.35mg (20.88%), Vitamin E: 2.66mg (17.76%), Magnesium: 67.08mg (16.77%), Vitamin C: 13.19mg (15.98%), Vitamin B12: 0.9µg (14.97%), Calcium: 143.41mg (14.34%), Vitamin B5: 1.32mg (13.2%), Fiber: 2.71g (10.83%), Copper: 0.21mg (10.4%), Vitamin D: 0.85µg (5.65%), Folate: 16.21µg (4.05%), Vitamin A: 141.89IU (2.84%)