



Cuban Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 banana cut into 1/4-inch-thick slices
- 1 large garlic clove minced
- 0.3 teaspoon ground cloves
- 2 teaspoons ground cumin
- 0.3 teaspoon ground pepper red
- 1 tablespoon juice of lime fresh ()
- 2 teaspoons lime rind grated
- 8 ounce center-cut pork loin chops boneless (1/)

0.3 teaspoon salt

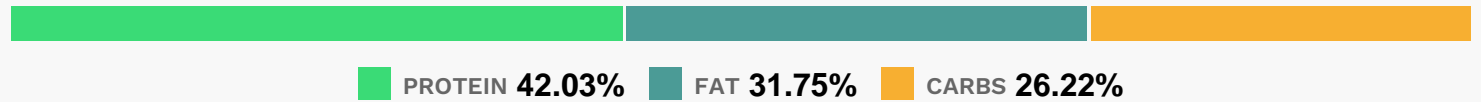
Equipment

frying pan

Directions

- Combine first 4 ingredients; rub spice mixture evenly over both sides of pork.
- Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Add pork, and cook 3 minutes on each side or until done.
- Transfer pork to a plate, and keep warm.
- Coat pan with cooking spray; add banana and garlic, and saut 1 minute. Stir in lime rind and juice; cook 30 seconds.
- Place pork chops on plates; spoon banana mixture over pork.

Nutrition Facts



Properties

Glycemic Index:76.89, Glycemic Load:6.77, Inflammation Score:-4, Nutrition Score:17.234347861746%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.53mg, Hesperetin: 1.53mg, Hesperetin: 1.53mg, Hesperetin: 1.53mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 241.97kcal (12.1%), Fat: 8.6g (13.23%), Saturated Fat: 2.9g (18.1%), Carbohydrates: 15.98g (5.33%), Net Carbohydrates: 13.97g (5.08%), Sugar: 7.45g (8.28%), Cholesterol: 75.98mg (25.33%), Sodium: 350.28mg (15.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.62g (51.24%), Selenium: 38.5µg (55%), Vitamin B6: 1.08mg (53.9%), Vitamin B1: 0.79mg (52.93%), Vitamin B3: 9.59mg (47.96%), Phosphorus: 283.94mg (28.39%), Manganese: 0.42mg (20.83%), Potassium: 694.43mg (19.84%), Vitamin B2: 0.27mg (15.61%), Magnesium: 54.86mg (13.72%), Zinc: 1.98mg (13.2%), Iron: 2.14mg (11.91%), Vitamin C: 8.78mg (10.64%), Vitamin B5: 1.05mg (10.45%), Vitamin B12:

0.6µg (10.02%), Fiber: 2.01g (8.06%), Copper: 0.14mg (6.84%), Calcium: 36.06mg (3.61%), Vitamin A: 177.01IU (3.54%), Folate: 13.28µg (3.32%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.39mg (2.61%)