



Cuban Pork Chops with Mojo



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 avocado sliced for garnish
- ☐ 1 tablespoon pepper black
- ☐ 4 pork chops bone-in 1-inch-thick ()
- ☐ 3 tablespoons canola oil
- ☐ 2 cloves garlic chopped
- ☐ 1 tablespoon garlic powder
- ☐ 1.5 teaspoons ground cumin
- ☐ 2 tablespoons kosher salt

- ☐ 0.5 cup juice of lime fresh divided
- ☐ 1 tablespoon onion powder
- ☐ 1 cup orange juice divided
- ☐ 1 tablespoon oregano dried
- ☐ 0.3 cup onion red chopped
- ☐ 1 roma tomato chopped for garnish
- ☐ 0.3 cup vinegar
- ☐ 1 cup watercress for garnish
- ☐ 0.3 cup white wine

Equipment

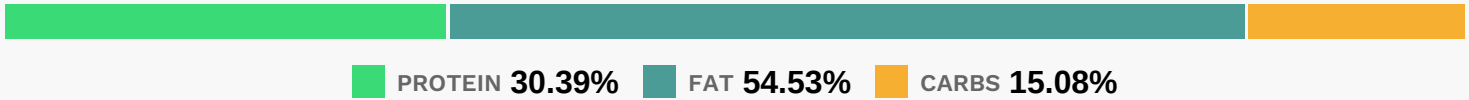
- ☐ frying pan
- ☐ paper towels
- ☐ mixing bowl
- ☐ ziploc bags

Directions

- ☐ Watch how to make this recipe.
- ☐ In a gallon-sized resealable plastic bag, combine 1 cup orange juice, 1/2 cup lime juice, and vinegar.
- ☐ Add pork and let it sit and marinate for about 1 hour in refrigerator.
- ☐ In a small mixing bowl, combine all dried spices. Pat the pork chops dry with a paper towel and rub with the dry spice mixture.
- ☐ Heat oil in a large saute pan over high heat.
- ☐ Place the pork chops in the pan and sear on 1 side until brown. Flip over and turn the heat down to medium-low.
- ☐ Add onion and saute for 2 minutes. Then add the garlic and continue to cook until garlic begins to brown.
- ☐ Pour in the remaining 1/4 cup orange juice, 1/4 cup lime juice, and white wine. Simmer until the liquid is slightly reduced and begins to thicken. The chops should be cooked through.

- ☐
- Remove the chops from pan and put on a warm plate. Continue to reduce juices in pan by half.
- ☐
- Pour over the chops and serve immediately.
- ☐
- Garnish with watercress, tomatoes and avocado.

Nutrition Facts



Properties

Glycemic Index:82.75, Glycemic Load:4.34, Inflammation Score:-9, Nutrition Score:29.923043520554%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 10.18mg, Hesperetin: 10.18mg, Hesperetin: 10.18mg, Hesperetin: 10.18mg Naringenin: 1.6mg, Naringenin: 1.6mg, Naringenin: 1.6mg, Naringenin: 1.6mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 504.24kcal (25.21%), Fat: 30g (46.16%), Saturated Fat: 6.47g (40.44%), Carbohydrates: 18.67g (6.22%), Net Carbohydrates: 14.88g (5.41%), Sugar: 7.14g (7.93%), Cholesterol: 116.96mg (38.99%), Sodium: 3594.76mg (156.29%), Alcohol: 1.54g (100%), Alcohol %: 0.52% (100%), Protein: 37.63g (75.26%), Selenium: 58.82µg (84.03%), Vitamin B6: 1.41mg (70.5%), Vitamin B1: 0.95mg (63.28%), Vitamin B3: 12.23mg (61.13%), Vitamin C: 50.09mg (60.72%), Vitamin K: 45.95µg (43.77%), Phosphorus: 421.33mg (42.13%), Potassium: 1049.91mg (30%), Manganese: 0.49mg (24.72%), Vitamin B2: 0.41mg (24.23%), Zinc: 3.53mg (23.55%), Vitamin E: 3.11mg (20.74%), Magnesium: 77.72mg (19.43%), Vitamin B5: 1.83mg (18.26%), Iron: 2.82mg (15.68%), Fiber: 3.79g (15.18%), Vitamin B12: 0.9µg (14.97%), Copper: 0.27mg (13.68%), Folate: 52.51µg (13.13%), Vitamin A: 625.66IU (12.51%), Calcium: 109.4mg (10.94%), Vitamin D: 0.85µg (5.65%)