



## Cuban Pork with Pineapple



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon firmly brown sugar packed
- ☐ 0.5 teaspoon chile flakes hot
- ☐ 0.5 teaspoon mustard dry
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon ground ginger
- ☐ 4 servings lime wedges
- ☐ 12 ounces pineapple cored peeled

- ☐ 0.3 cup pineapple juice
- ☐ 4 pork loin rib chops thick
- ☐ 8 oz onion red
- ☐ 0.3 cup soya sauce
- ☐ 1 tablespoon vegetable oil

## Equipment

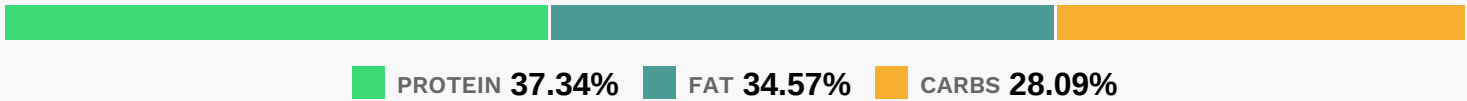
- ☐ whisk
- ☐ grill
- ☐ ziploc bags

## Directions

- ☐ In a 1-cup glass measure, whisk pineapple juice, soy sauce, brown sugar, oil, ginger, allspice, chile flakes, and dry mustard to blend. Trim fat on pork chops to 1/4 inch; rinse pork and pat dry.
- ☐ Place chops in a 1-gallon zip-lock plastic bag and add all but 1/4 cup juice mixture. Seal bag and turn to coat.
- ☐ Let stand, turning bag occasionally, at least 20 minutes, or chill up to 1 day (see notes).
- ☐ Meanwhile, cut pineapple into 1/2-inch-thick slices. Peel onion and cut crosswise into 1/2-inch-thick slices, discarding ends.
- ☐ Place both in a rimmed dish and drizzle evenly with remaining juice mixture.
- ☐ Let stand about 20 minutes, turning slices once.
- ☐ Lay chops (discard marinade), pineapple, and onion on an oiled grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook, turning once, until pineapple and onion are browned, 5 to 6 minutes total, and pork is browned on the outside and no longer pink in the center (cut to test), 5 to 7 minutes total.
- ☐ Transfer chops to plates.
- ☐ Garnish with grilled pineapple and onion.
- ☐ Sprinkle with mint; offer lime wedges to squeeze over pork.

Wine pairing: Dry Riesling. Try the Trefethen 2003 (Oak Knoll District of Napa Valley; \$18), with citrus, apple, and herbal notes.

Nutrition Facts



Properties

Glycemic Index:48.42, Glycemic Load:8.3, Inflammation Score:-7, Nutrition Score:24.953043460846%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.63mg, Quercetin: 11.63mg, Quercetin: 11.63mg, Quercetin: 11.63mg

Nutrients (% of daily need)

Calories: 339.84kcal (16.99%), Fat: 13.09g (20.14%), Saturated Fat: 3.87g (24.21%), Carbohydrates: 23.93g (7.98%), Net Carbohydrates: 21.15g (7.69%), Sugar: 15.97g (17.74%), Cholesterol: 89.78mg (29.93%), Sodium: 883.9mg (38.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.82g (63.64%), Vitamin B1: 1.01mg (67.5%), Selenium: 45.76µg (65.36%), Manganese: 1.26mg (62.9%), Vitamin B6: 1.2mg (59.98%), Vitamin B3: 11.95mg (59.75%), Vitamin C: 48.02mg (58.21%), Phosphorus: 352.58mg (35.26%), Potassium: 766.78mg (21.91%), Vitamin B2: 0.33mg (19.26%), Zinc: 2.44mg (16.24%), Magnesium: 63.91mg (15.98%), Vitamin B5: 1.31mg (13.12%), Copper: 0.24mg (12.1%), Vitamin B12: 0.71µg (11.84%), Fiber: 2.78g (11.12%), Iron: 1.78mg (9.89%), Folate: 35.82µg (8.96%), Vitamin K: 7.42µg (7.07%), Calcium: 51.54mg (5.15%), Vitamin A: 239.21IU (4.78%), Vitamin E: 0.59mg (3.97%), Vitamin D: 0.54µg (3.57%)