



# Cumin-Crusted Monster Pork Chop with Peach Chipotle Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.1 teaspoon pepper black freshly ground
- 2 tablespoons chipotles in adobo canned minced
- 0.3 cup cilantro leaves fresh chopped
- 1.5 teaspoons pepper black
- 2 teaspoons kosher salt
- 0.3 cup juice of lime fresh
- 3 tablespoons olive oil

- 3 peaches firm pitted ripe unpeeled cut into 1/4-inch dice
- 6 pork chops thick for you
- 0.3 cup onion diced red finely ()
- 0.3 cup cumin seeds whole

## Equipment

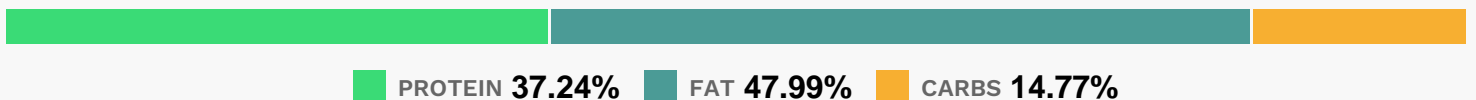
- bowl
- frying pan
- roasting pan
- grill
- kitchen thermometer
- aluminum foil
- cutting board

## Directions

- Make salsa
- In medium bowl, toss together all ingredients.
- Transfer to serving dish and set aside.
- Prepare grill
- If using charcoal grill, open bottom vents. Light charcoal. Leaving about 1/4 of grill free of charcoal, bank lit charcoal across rest of grill so coals are about 3 times higher on opposite side.
- If using gas grill, open hood, light all burners, and set on high. Close hood and preheat 10 minutes.
- While grill is heating, coat chops
- Using electric spice grinder, pulse cumin seeds 2 to 3 times to crack. (Alternatively, place seeds on cutting board and crush lightly with small sauté pan, using gentle rocking motion.) Rub chops with oil, sprinkle with salt and pepper, and coat with cumin seeds, pressing firmly to adhere.
- To cook chops using charcoal grill

- Charcoal fire is medium-hot when you can hold your hand 5 inches above rack over area where coals are piled highest for 3 to 4 seconds. Sear chops on lightly oiled grill rack directly over hottest part of coals, turning over once, until well browned, about 3 to 4 minutes per side. Move chops to coolest part of grill, then cover with inverted roasting pan and grill, turning over once, until thermometer inserted diagonally into center of each chop (avoid bone) registers 145°F, about 12 minutes total.
- Transfer chops to platter and let stand, loosely covered with foil, 5 minutes (temperature will rise to 150°F).
- Serve, passing salsa on side.
- To cook chops using gas grill
- When grill is preheated, sear chops on lightly oiled grill rack, turning over once, until well browned, about 3 to 4 minutes per side. Turn off 1 burner (middle burner if there are
- and put chops above shut-off burner. Reduce heat on remaining burner(s) to moderate and grill pork, covered with lid, until thermometer inserted diagonally into center of each chop (avoid bone) registers 145°F, about 12 minutes total.
- Transfer chops to platter and let stand, loosely covered with foil, 5 minutes (temperature will rise to 150°F).
- Serve, passing salsa on side.

## Nutrition Facts



### Properties

Glycemic Index:28.04, Glycemic Load:2.87, Inflammation Score:-5, Nutrition Score:20.310869595279%

### Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.21mg,

Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

## **Nutrients (% of daily need)**

Calories: 326.74kcal (16.34%), Fat: 17.46g (26.87%), Saturated Fat: 4.34g (27.12%), Carbohydrates: 12.09g (4.03%), Net Carbohydrates: 9.72g (3.54%), Sugar: 7.18g (7.98%), Cholesterol: 89.78mg (29.93%), Sodium: 857.3mg (37.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.49g (60.98%), Selenium: 46.22µg (66.03%), Vitamin B1: 0.94mg (62.97%), Vitamin B3: 11.53mg (57.67%), Vitamin B6: 1.02mg (51.21%), Phosphorus: 344.65mg (34.47%), Iron: 3.94mg (21.91%), Potassium: 698.25mg (19.95%), Vitamin B2: 0.29mg (17.07%), Zinc: 2.48mg (16.54%), Magnesium: 58.68mg (14.67%), Manganese: 0.28mg (13.92%), Vitamin E: 1.91mg (12.76%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.12mg (11.21%), Fiber: 2.37g (9.49%), Vitamin K: 9.73µg (9.27%), Copper: 0.18mg (9.21%), Vitamin C: 7.09mg (8.6%), Vitamin A: 356.15IU (7.12%), Calcium: 57.51mg (5.75%), Vitamin D: 0.54µg (3.57%), Folate: 7.7µg (1.92%)