



Grilled Adobo Pork



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ancho chiles
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon brown sugar
- ☐ 2 tablespoons cider vinegar divided
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 1 garlic clove
- ☐ 1 Dash ground allspice
- ☐ 0.1 teaspoon ground cumin

- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 small onion peeled
- ☐ 2 tablespoons orange juice fresh
- ☐ 0.3 teaspoon ground oregano
- ☐ 24 ounce center-cut pork chops bone-in trimmed (1/)
- ☐ 0.3 teaspoon salt

Equipment

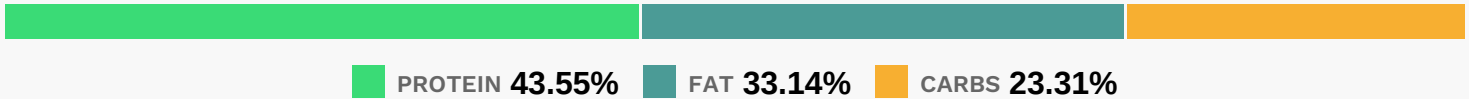
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Heat a large skillet coated with cooking spray over medium heat.
- ☐ Remove stems and seeds from chiles. Tear chiles into large pieces; place in skillet. Cook 15 seconds or until thoroughly heated, turning pieces occasionally (be careful not to burn chiles); remove from pan.
- ☐ Add garlic and onion to pan; cook 5 minutes or until browned, turning frequently.
- ☐ Combine chiles, garlic, onion, broth, and next 4 ingredients (broth through allspice) in a small saucepan over medium heat. Stir in 1 tablespoon vinegar. Bring to a simmer; cook 5 minutes or until chiles are soft.
- ☐ Remove from heat; cool slightly.
- ☐ Place half of chile mixture in a blender; process until smooth.
- ☐ Pour pureed mixture into a small bowl; repeat procedure with remaining chile mixture.
- ☐ Heat skillet coated with cooking spray over medium-high heat.
- ☐ Add chile mixture; cook 5 minutes, stirring constantly.

- ☐ Remove from heat; stir in sugar and salt. Cool completely.
- ☐ Combine 1/2 cup chile mixture and 1 tablespoon vinegar in a large zip-top plastic bag.
- ☐ Add the pork chops to bag; seal bag. Marinate pork in refrigerator 8 hours or overnight, turning bag occasionally.
- ☐ Combine remaining chile mixture with orange juice and lime juice; cover and refrigerate.
- ☐ Prepare grill.
- ☐ Place the reserved sauce in a small saucepan; cook over medium heat 5 minutes or until thoroughly heated.
- ☐ Remove pork from bag, reserving marinade.
- ☐ Place pork on grill rack coated with cooking spray; grill 4 minutes on each side or until thermometer registers 160 (slightly pink), basting frequently with reserved marinade.
- ☐ Remove from heat; top with warm sauce.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:0.69, Inflammation Score:-10, Nutrition Score:32.188260845516%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 364.27kcal (18.21%), Fat: 13.52g (20.8%), Saturated Fat: 4.4g (27.52%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 13.53g (4.92%), Sugar: 12.36g (13.73%), Cholesterol: 113.97mg (37.99%), Sodium: 484.51mg (21.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.98g (79.95%), Vitamin A: 6985.24IU (139.7%), Selenium: 58.65µg (83.79%), Vitamin B3: 16.25mg (81.27%), Vitamin B1: 1.17mg (78.21%), Vitamin B6: 1.48mg (73.9%), Phosphorus: 438.67mg (43.87%), Vitamin B2: 0.65mg (38.2%), Potassium: 1188.89mg (33.97%), Fiber: 7.86g (31.42%), Vitamin K: 29.45µg (28.05%), Zinc: 2.96mg (19.7%), Magnesium: 71.63mg (17.91%), Vitamin C: 14.38mg (17.43%), Vitamin B12: 1.01µg (16.92%), Vitamin B5: 1.59mg (15.9%), Manganese: 0.31mg (15.6%), Iron: 2.71mg

(15.07%), Copper: 0.18mg (9.06%), Vitamin E: 1.08mg (7.23%), Folate: 18.24µg (4.56%), Vitamin D: 0.68µg (4.54%), Calcium: 37.28mg (3.73%)