



Grilled Chile Pork Chops with Tortilla-Tomatillo Salsa

READY IN



240 min.

SERVINGS



45

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon ancho chile powder
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 4 garlic cloves minced
- ☐ 1 tablespoon ground coriander
- ☐ 1 haas avocados diced
- ☐ 2 lime zest juiced cut into wedges
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 teaspoon mexican oregano

- ☐ 4 pork rib chops bone-in
- ☐ 45 servings salt and pepper freshly ground
- ☐ 1 serrano chile halved seeded
- ☐ 4 tomatillos husked halved
- ☐ 1 cup tortilla chips crushed

Equipment

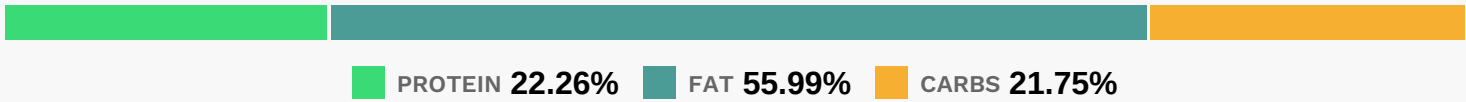
- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ In a large, shallow bowl, combine the chile powder, coriander, oregano, garlic, lime zest, lime juice and 1/4 cup of the olive oil. Season with salt and pepper.
- ☐ Add the pork chops and turn to coat. Cover and refrigerate for 3 hours. Bring to room temperature before grilling.
- ☐ Set a cast-iron grill pan over high heat. In a bowl, toss the tomatillos and serrano with 1 tablespoon of the oil; season with salt and pepper. Grill over high heat until the tomatillos are lightly charred, 4 minutes.
- ☐ Transfer the tomatillos and serrano to a work surface. Coarsely chop the tomatillos and mince the serrano.
- ☐ Transfer to a bowl and add the cilantro, avocado and the remaining 1 tablespoon of oil. Season with salt and pepper.
- ☐ Lower the heat under the grill pan to moderate. Scrape the marinade off the chops. Grill the chops over moderate heat until lightly charred and an instant-read thermometer inserted near the bone registers 135, about 12 minutes.
- ☐ Transfer the chops to a platter; cover loosely with foil.
- ☐ Let rest for 5 minutes.
- ☐ Stir the tortilla chips into the salsa, then spoon the salsa over the chops.

Serve right away, with lime wedges.

Nutrition Facts



Properties

Glycemic Index:3.09, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:2.5069565202879%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 51.55kcal (2.58%), Fat: 3.3g (5.07%), Saturated Fat: 0.64g (3.97%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 2.16g (0.79%), Sugar: 0.24g (0.27%), Cholesterol: 7.98mg (2.66%), Sodium: 211.38mg (9.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Selenium: 4.21µg (6.01%), Vitamin B1: 0.09mg (5.98%), Vitamin B3: 1.14mg (5.71%), Vitamin B6: 0.11mg (5.69%), Phosphorus: 38.26mg (3.83%), Vitamin K: 3.28µg (3.12%), Vitamin E: 0.47mg (3.12%), Fiber: 0.72g (2.87%), Potassium: 89.31mg (2.55%), Vitamin C: 1.86mg (2.25%), Magnesium: 8.2mg (2.05%), Vitamin B2: 0.03mg (2%), Vitamin B5: 0.19mg (1.94%), Zinc: 0.28mg (1.85%), Vitamin A: 72.75IU (1.45%), Iron: 0.24mg (1.34%), Copper: 0.03mg (1.32%), Manganese: 0.03mg (1.25%), Folate: 4.62µg (1.16%), Vitamin B12: 0.06µg (1.05%)