



Grilled Creole Pork and Chilies



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pepper flakes
- ☐ 2 tablespoons tomato paste
- ☐ 2 tablespoons water
- ☐ 2 teaspoons red wine vinegar
- ☐ 0.5 teaspoon worcestershire sauce
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.5 teaspoon thyme sprigs dried fresh chopped
- ☐ 0.5 pound lamb loin chops boneless

☐ 1 teaspoon suya seasoning mix for pork

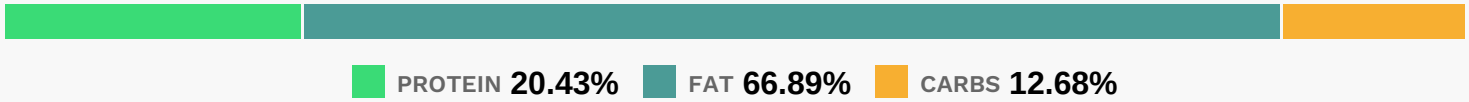
Equipment

- ☐ oven
- ☐ grill
- ☐ broiler pan

Directions

- ☐ Spray rack or broiler pan with cooking spray.
- ☐ Heat coals or gas grill to low to moderate heat or set oven control to broil.
- ☐ Place chilies on grill or rack in broiler pan. Grill 4 to 5 inches from heat about 4 minutes, turning several times, until skin is blistered and charred.
- ☐ Place chilies in paper bag. Close tightly; let stand 15 minutes.
- ☐ Mix tomato paste, water, vinegar, Worcestershire sauce, mustard and thyme; set aside.
- ☐ Remove chilies from bag. Peel off skin; discard. Keep chilies warm.
- ☐ Rub both sides of pork with Cajun seasoning blend.
- ☐ Place pork on grill or rack in broiler pan. Grill 4 to 5 inches from heat about 4 minutes or until seasoning browns; brush with tomato sauce. Grill 1 minute; turn. Grill 3 minutes longer; brush with sauce. Grill 1 to 2 minutes or until pork is slightly pink in center.
- ☐ Heat remaining tomato sauce to boiling.
- ☐ Serve over pork and chilies.

Nutrition Facts



Properties

Glycemic Index:86, Glycemic Load:4.09, Inflammation Score:-9, Nutrition Score:23.160435013149%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 410.56kcal (20.53%), Fat: 30.83g (47.42%), Saturated Fat: 13.43g (83.96%), Carbohydrates: 13.14g (4.38%), Net Carbohydrates: 9.97g (3.62%), Sugar: 6.99g (7.76%), Cholesterol: 83.91mg (27.97%), Sodium: 233.06mg (10.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.19g (42.37%), Vitamin C: 133.92mg (162.32%), Vitamin B3: 9.09mg (45.45%), Vitamin B12: 2.31µg (38.56%), Vitamin B6: 0.67mg (33.29%), Selenium: 23.27µg (33.25%), Vitamin K: 29.78µg (28.36%), Iron: 4.35mg (24.14%), Vitamin A: 1168.55IU (23.37%), Phosphorus: 231.17mg (23.12%), Zinc: 3.29mg (21.95%), Potassium: 744.63mg (21.28%), Vitamin B2: 0.36mg (21.07%), Manganese: 0.38mg (18.81%), Copper: 0.32mg (15.94%), Magnesium: 59.83mg (14.96%), Vitamin B1: 0.21mg (13.81%), Vitamin E: 1.97mg (13.12%), Fiber: 3.18g (12.71%), Folate: 48.17µg (12.04%), Vitamin B5: 0.95mg (9.47%), Calcium: 79.89mg (7.99%)