



Grilled Creole Pork and Peppers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pepperoncini peppers
- ☐ 2 tablespoons tomato paste
- ☐ 2 tablespoons water
- ☐ 2 teaspoons red wine vinegar
- ☐ 0.5 teaspoon worcestershire sauce reduced-sodium
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.5 teaspoon thyme leaves dried fresh
- ☐ 0.5 pound lamb loin chops boneless

☐ 1 teaspoon suya seasoning mix for pork

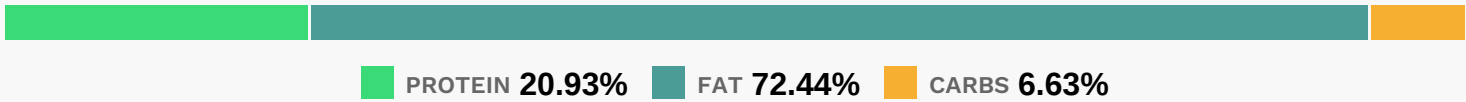
Equipment

- ☐ oven
- ☐ grill
- ☐ broiler pan

Directions

- ☐ Heat grill to low to moderate heat or set oven control to broil. Spray rack or broiler pan with nonstick cooking spray.
- ☐ Place peppers on grill or rack in broiler pan. Grill peppers 4 to 5 inches from heat about 4 minutes, turning several times, until skin is blistered and charred.
- ☐ Place peppers in paper bag. Close tightly; let stand 15 minutes.
- ☐ Mix tomato paste, water, vinegar, Worcestershire sauce, mustard and thyme; set aside.
- ☐ Remove peppers from bag. Peel off skin; discard. Keep peppers warm.
- ☐ Trim excess fat from pork chops. Slash outer edge of fat on pork 1/4-inch deep to prevent curling. Rub both sides of pork with Cajun seasoning blend.
- ☐ Place pork on rack or broiler pan. Grill pork 4 to 5 inches from heat 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 longer.
- ☐ Heat remaining sauce to boiling; serve over pork and peppers.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:1.13, Inflammation Score:-7, Nutrition Score:15.506086888521%

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: 379.96kcal (19%), Fat: 30.52g (46.95%), Saturated Fat: 13.4g (83.78%), Carbohydrates: 6.28g (2.09%), Net Carbohydrates: 3.78g (1.37%), Sugar: 2.61g (2.9%), Cholesterol: 83.91mg (27.97%), Sodium: 227.56mg (9.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.83g (39.67%), Vitamin B3: 8.22mg (41.09%), Vitamin B12: 2.31µg (38.56%), Selenium: 22.88µg (32.69%), Vitamin C: 21.13mg (25.61%), Zinc: 3.11mg (20.73%), Phosphorus: 198.87mg (19.89%), Iron: 3.51mg (19.5%), Vitamin K: 19.08µg (18.17%), Vitamin B2: 0.29mg (17.15%), Potassium: 506.03mg (14.46%), Vitamin B6: 0.28mg (14.09%), Manganese: 0.23mg (11.39%), Copper: 0.22mg (11.07%), Magnesium: 42.53mg (10.63%), Vitamin B1: 0.16mg (10.57%), Fiber: 2.51g (10.03%), Vitamin E: 1.49mg (9.9%), Folate: 33.27µg (8.32%), Vitamin B5: 0.82mg (8.19%), Vitamin A: 379.75IU (7.59%), Calcium: 70.09mg (7.01%)