



Grilled Cuban Pork Chops

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cumin seeds
- 1 clove garlic finely chopped
- 2 pounds pork loin boneless
- 2 tablespoons lime zest grated
- 1 tablespoon pepper black
- 0.5 teaspoon salt
- 2 tablespoons vegetable oil

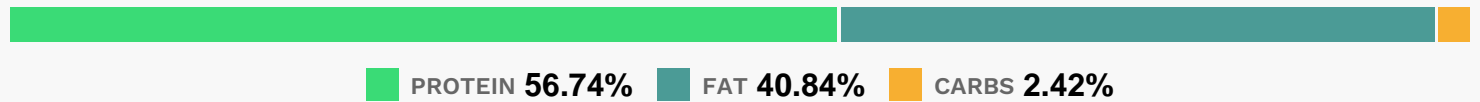
Equipment

- bowl
- grill
- kitchen thermometer

Directions

- Heat coals or gas grill for direct heat.
- Remove excess fat from pork. In small bowl, mix all Cuban Rub ingredients; rub evenly on both sides of pork.
- Cover and grill pork 4 to 6 inches from medium heat 8 to 10 minutes, turning frequently, until pork is no longer pink and meat thermometer inserted in center reads 160°F.
- Garnish with mango slices.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:24.569564963812%

Flavonoids

Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 370.89kcal (18.54%), Fat: 16.4g (25.23%), Saturated Fat: 3.91g (24.45%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.55g (0.56%), Sugar: 0.1g (0.11%), Cholesterol: 142.88mg (47.63%), Sodium: 404.82mg (17.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.27g (102.54%), Selenium: 63.09µg (90.13%), Vitamin B6: 1.73mg (86.69%), Vitamin B1: 1.02mg (67.88%), Vitamin B3: 13.13mg (65.63%), Phosphorus: 521.83mg (52.18%), Zinc: 4.18mg (27.9%), Potassium: 901.1mg (25.75%), Vitamin B2: 0.43mg (25.48%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.72mg (17.22%), Magnesium: 67.4mg (16.85%), Vitamin K: 15.07µg (14.35%), Manganese: 0.27mg (13.53%), Iron: 2.4mg (13.34%), Copper: 0.17mg (8.45%), Vitamin E: 0.92mg (6.16%), Vitamin D: 0.91µg (6.05%), Calcium: 34.48mg (3.45%), Fiber: 0.64g (2.55%), Vitamin C: 1.22mg (1.48%)