



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 slices mangos
- ☐ 1 tablespoon pepper black
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons vegetable oil

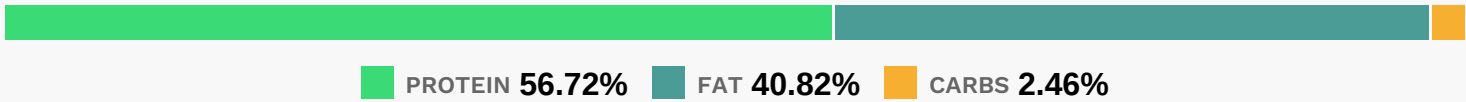
Equipment

- ☐ 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 160F.
- ☐ Garnish with mango slices.

Nutrition Facts



Properties

Glycemic Index:37.69, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:24.582173552202%

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: 371.04kcal (18.55%), Fat: 16.4g (25.23%), Saturated Fat: 3.91g (24.46%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 1.58g (0.58%), Sugar: 0.14g (0.15%), Cholesterol: 142.88mg (47.63%), Sodium: 404.83mg (17.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.27g (102.55%), Selenium: 63.09µg (90.14%), Vitamin B6: 1.73mg (86.7%), Vitamin B1: 1.02mg (67.88%), Vitamin B3: 13.13mg (65.64%), Phosphorus: 521.87mg (52.19%), Zinc: 4.19mg (27.9%), Potassium: 901.52mg (25.76%), Vitamin B2: 0.43mg (25.48%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.72mg (17.22%), Magnesium: 67.42mg (16.86%), Vitamin K: 15.08µg (14.36%), Manganese: 0.27mg (13.54%), Iron: 2.4mg (13.34%), Copper: 0.17mg (8.46%), Vitamin E: 0.93mg (6.17%), Vitamin D: 0.91µg (6.05%), Calcium: 34.5mg (3.45%), Fiber: 0.64g (2.56%), Vitamin C: 1.31mg (1.59%)