



HEALTH SCORE 6%

Grilled Giant Pork Chops with Adobo Paste

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon garlic minced
- 1.5 teaspoons ground cumin
- 1.5 teaspoons kosher salt
- 1.5 teaspoons lime zest fresh finely grated
- 2.5 tablespoons olive oil
- 1.5 tablespoons oregano dried crumbled
- 2 tablespoons paprika hot (not)

1.5 teaspoons pepper dried hot

Equipment

bowl

roasting pan

grill

kitchen thermometer

Directions

Prepare grill for direct-heat cooking with medium-hot charcoal.

Stir together all ingredients except pork chops in a bowl to form spice paste, then rub paste all over pork chops.

Oil grill rack, then grill chops over coals, turning over occasionally and moving around if flare-ups occur, until browned, 2 to 3 minutes total.

Move chops to area with no coals underneath, then cover with inverted roasting pan and grill, turning chops over once, until thermometer inserted horizontally into center of a chop (do not touch bone) registers 145°F, 8 to 10 minutes.

Transfer to a platter and let stand 5 minutes before serving.

•Pork can be grilled on a gas grill. Preheat all burners on high, covered, 10 minutes. Reduce heat to moderately high and brown chops, covered, turning over occasionally, 2 to 3 minutes. Turn off 1 burner (middle one if there are

and put chops above shut-off burner, then grill, covered, without turning, until thermometer registers 145°F, 12 to 15 minutes. •Pork chops, rubbed with spice paste, can marinate, covered and chilled, up to 4 hours before grilling. •Spice paste keeps, covered and chilled, up to 1 week.

Nutrition Facts

PROTEIN 3.82% FAT 78.92% CARBS 17.26%

Properties

Glycemic Index:29.75, Glycemic Load:0.36, Inflammation Score:-10, Nutrition Score:6.7021738860918%

Flavonoids

Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 100.64kcal (5.03%), Fat: 9.57g (14.72%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 4.71g (1.57%), Net Carbohydrates: 2.25g (0.82%), Sugar: 0.54g (0.6%), Cholesterol: 0mg (0%), Sodium: 889.02mg (38.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.09%), Vitamin A: 1988.92IU (39.78%), Vitamin K: 20.81µg (19.82%), Vitamin E: 2.94mg (19.58%), Iron: 2.16mg (12.02%), Manganese: 0.24mg (11.93%), Fiber: 2.45g (9.81%), Vitamin B6: 0.14mg (6.95%), Calcium: 52.47mg (5.25%), Potassium: 142.17mg (4.06%), Magnesium: 15.94mg (3.98%), Vitamin B2: 0.06mg (3.83%), Copper: 0.06mg (2.98%), Vitamin B3: 0.58mg (2.89%), Phosphorus: 23.15mg (2.32%), Zinc: 0.3mg (1.99%), Vitamin B1: 0.03mg (1.72%), Folate: 6.59µg (1.65%), Vitamin B5: 0.13mg (1.27%), Vitamin C: 0.98mg (1.19%), Selenium: 0.79µg (1.13%)