



 **70%**  
HEALTH SCORE

# Grilled Jamaican Jerk Pork Chops with Mango Salsa

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**65 min.**

SERVINGS



**4**

CALORIES



**350 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 cloves garlic finely chopped
- 2 teaspoons thyme leaves dried
- 1 teaspoon brown sugar packed
- 1 teaspoon ground allspice
- 0.5 teaspoon salt
- 0.5 teaspoon pepper black
- 0.3 teaspoon ground pepper red (cayenne)

- 0.3 teaspoon sage dried crushed
- 2 lb pork loin bone-in
- 1 medium mangos peeled chopped cut in half lengthwise, seed removed, and (1 cup)
- 0.3 cup onion red finely chopped
- 1 tablespoon mint leaves dried fresh finely chopped
- 2 teaspoons jalapeno finely chopped
- 2 tablespoons juice of lime
- 0.1 teaspoon salt

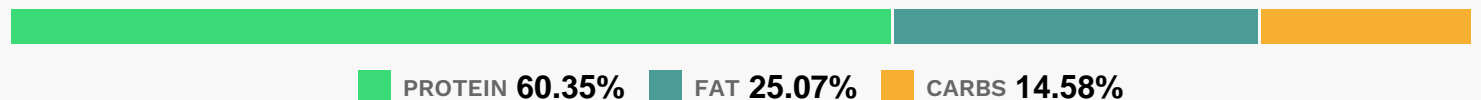
## Equipment

- bowl
- grill
- kitchen thermometer

## Directions

- In small glass or plastic bowl, mix jerk seasoning ingredients. Rub evenly on both sides of pork. Cover; refrigerate at least 30 minutes but no longer than 1 hour to blend flavors.
- Meanwhile, in small bowl, mix salsa ingredients; cover and refrigerate until serving time.
- Heat gas or charcoal grill.
- Place pork on grill over medium heat. Cover grill; cook about 15 minutes, turning once, until no longer pink when cut near bone and meat thermometer inserted in center reads 160°F.
- Serve pork with salsa.

## Nutrition Facts



## Properties

Glycemic Index:66.19, Glycemic Load:4.23, Inflammation Score:-9, Nutrition Score:28.017391194468%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

## Nutrients (% of daily need)

Calories: 349.7kcal (17.48%), Fat: 9.55g (14.7%), Saturated Fat: 2.92g (18.25%), Carbohydrates: 12.51g (4.17%), Net Carbohydrates: 10.89g (3.96%), Sugar: 8.76g (9.73%), Cholesterol: 142.88mg (47.63%), Sodium: 477.38mg (20.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.74g (103.48%), Vitamin B6: 1.85mg (92.34%), Selenium: 63.68µg (90.97%), Vitamin B1: 1.04mg (69.05%), Vitamin B3: 13.52mg (67.6%), Phosphorus: 530.11mg (53.01%), Vitamin C: 28.02mg (33.96%), Copper: 0.6mg (30.05%), Potassium: 1002.96mg (28.66%), Zinc: 4.24mg (28.25%), Vitamin B2: 0.46mg (27.22%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.85mg (18.52%), Magnesium: 71.07mg (17.77%), Vitamin A: 747.79IU (14.96%), Manganese: 0.21mg (10.52%), Iron: 1.72mg (9.58%), Folate: 27.91µg (6.98%), Fiber: 1.62g (6.46%), Vitamin E: 0.91mg (6.07%), Vitamin D: 0.91µg (6.05%), Calcium: 39.67mg (3.97%), Vitamin K: 3.28µg (3.13%)