



Grilled Jamaican Jerk Pork Chops with Mango Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon brown sugar packed
- ☐ 4 cloves garlic finely chopped
- ☐ 1 teaspoon ground allspice
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 2 teaspoons jalapeno finely chopped
- ☐ 2 lb pork loin bone-in
- ☐ 2 tablespoons juice of lime

- ☐ 1 medium mangos peeled chopped cut in half lengthwise, seed removed, and (1 cup)
- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.3 teaspoon sage dried crushed
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons thyme leaves dried

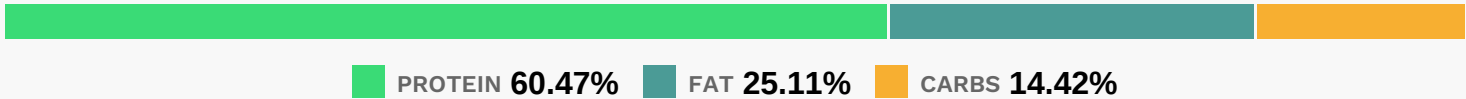
Equipment

- ☐ 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 160F.
- ☐ Serve pork with salsa.

Nutrition Facts



Properties

Glycemic Index:66.19, Glycemic Load:4.23, Inflammation Score:-9, Nutrition Score:27.797391487205%

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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg 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: 348.82kcal (17.44%), Fat: 9.54g (14.68%), Saturated Fat: 2.92g (18.23%), Carbohydrates: 12.32g (4.11%), Net Carbohydrates: 10.81g (3.93%), Sugar: 8.76g (9.73%), Cholesterol: 142.88mg (47.63%), Sodium: 476.99mg (20.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.69g (103.39%), Vitamin B6: 1.85mg (92.26%), Selenium: 63.68µg (90.97%), Vitamin B1: 1.03mg (68.98%), Vitamin B3: 13.5mg (67.49%), Phosphorus: 529.2mg (52.92%), Vitamin C: 27.62mg (33.48%), Copper: 0.6mg (29.84%), Potassium: 995.85mg (28.45%), Zinc: 4.22mg (28.15%), Vitamin B2: 0.46mg (27.03%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.85mg (18.48%), Magnesium: 70.07mg (17.52%), Vitamin A: 694.7IU (13.89%), Manganese: 0.2mg (9.78%), Iron: 1.66mg (9.23%), Folate: 26.48µg (6.62%), Vitamin E: 0.91mg (6.07%), Fiber: 1.52g (6.06%), Vitamin D: 0.91µg (6.05%), Calcium: 36.63mg (3.66%), Vitamin K: 3.28µg (3.13%)