



Grilled Pork Chops and Onions

 Gluten Free  Dairy Free

READY IN



210 min.

SERVINGS



6

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings adobo seasoning with pepper, to taste all-purpose
- 6 pork chops bone-in ()
- 1.5 cups chipotle sauce divided
- 1 large onion yellow cut into 3/ rounds

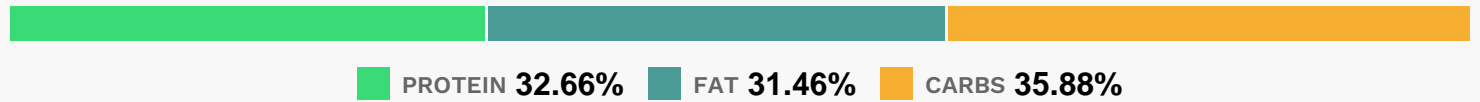
Equipment

- grill
- kitchen thermometer
- grill pan

Directions

- In a zip-top bag* or a large container with a lid, combine the pork, onions and 1 cup Mojo. Seal bag and transfer to refrigerator; chill at least 3 hours, or overnight.
- Prepare a grill to medium-high heat, or heat a large, lightly-greased grill pan over medium-high heat.
- Remove pork and onions from the marinade; discard any leftover liquid. Season pork with Adobo. Cook pork until golden brown and internal temperature registers 145 degrees F (63 degrees C) on a quick-read thermometer, basting with remaining mojo, flipping once, 15 to 20 minutes. Cook onions until soft and golden brown, about 10 minutes.
- Divide pork and onions evenly among serving dishes.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.61, Inflammation Score:-4, Nutrition Score:21.641739298468%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 502.67kcal (25.13%), Fat: 17.89g (27.52%), Saturated Fat: 5.94g (37.11%), Carbohydrates: 45.92g (15.31%), Net Carbohydrates: 28.33g (10.3%), Sugar: 25.64g (28.49%), Cholesterol: 116.96mg (38.98%), Sodium: 146.89mg (6.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.79g (83.58%), Selenium: 58.13µg (83.05%), Fiber: 17.59g (70.37%), Vitamin B6: 1.26mg (63.05%), Vitamin B1: 0.85mg (56.44%), Vitamin B3: 11.27mg (56.36%), Phosphorus: 373.92mg (37.39%), Zinc: 3.13mg (20.88%), Vitamin B2: 0.33mg (19.49%), Potassium: 653.67mg (18.68%), Vitamin B12: 0.9µg (14.97%), Vitamin B5: 1.25mg (12.46%), Magnesium: 47.19mg (11.8%), Iron: 1.29mg (7.17%), Copper: 0.13mg (6.63%), Vitamin D: 0.85µg (5.65%), Calcium: 40.33mg (4.03%), Manganese: 0.07mg (3.67%), Vitamin C: 1.89mg (2.29%), Folate: 6.16µg (1.54%), Vitamin E: 0.23mg (1.52%)