



Grilled Pork Chops with Anise-Seed Rub and Mango Mojo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon aniseed
- ☐ 0.8 teaspoon peppercorns black
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 large garlic clove
- ☐ 1 tablespoon jalapeno fresh chopped (including seeds)
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 mangos peeled coarsely chopped

- ☐ 3 tablespoons olive oil
- ☐ 3 inch pork loin chops trimmed
- ☐ 1.5 teaspoons salt
- ☐ 1.5 teaspoons sugar

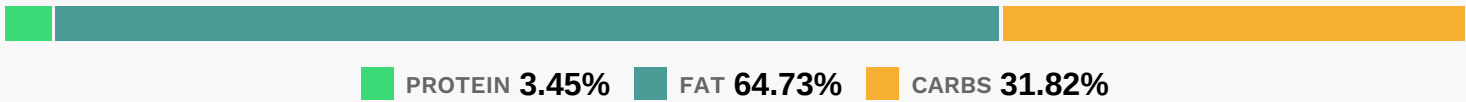
Equipment

- ☐ bowl
- ☐ blender
- ☐ roasting pan
- ☐ grill

Directions

- ☐ Prepare grill (do not spread charcoal out to edges of grill).
- ☐ Purée mango, lime juice, garlic, jalapeño, and salt in a blender, then stir in cilantro.
- ☐ Finely grind anise seeds and peppercorns in an electric coffee/spice grinder with salt and sugar.
- ☐ Transfer mixture to a small bowl and stir in oil.
- ☐ Brush both sides of pork with spice rub.
- ☐ Grill pork on an oiled rack set 5 to 6 inches over glowing coals 2 minutes on each side. Move pork off to side of grill (not directly over coals; moderately low heat for gas grills) and cook pork, covered, turning once, until just cooked through, about 3 minutes more on each side.
- ☐ Transfer to a platter and let stand, loosely covered, 5 minutes.
- ☐ Serve pork with mojo.
- ☐ • If your grill doesn't have a cover, use an inverted metal roasting pan.

Nutrition Facts



Properties

Glycemic Index:63.21, Glycemic Load:4.88, Inflammation Score:-5, Nutrition Score:5.8378260849935%

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: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 145.76kcal (7.29%), Fat: 11.13g (17.12%), Saturated Fat: 1.57g (9.81%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 10.86g (3.95%), Sugar: 9.01g (10.01%), Cholesterol: 1.28mg (0.43%), Sodium: 874.75mg (38.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.67%), Vitamin C: 28.42mg (34.45%), Vitamin E: 2.16mg (14.41%), Vitamin A: 630.74IU (12.61%), Vitamin K: 11.26µg (10.73%), Manganese: 0.19mg (9.73%), Folate: 25.21µg (6.3%), Vitamin B6: 0.12mg (5.93%), Fiber: 1.44g (5.77%), Iron: 0.83mg (4.63%), Copper: 0.09mg (4.62%), Potassium: 157.99mg (4.51%), Vitamin B3: 0.63mg (3.15%), Magnesium: 11.67mg (2.92%), Vitamin B1: 0.04mg (2.67%), Calcium: 23.89mg (2.39%), Phosphorus: 23.79mg (2.38%), Vitamin B2: 0.04mg (2.08%), Vitamin B5: 0.18mg (1.75%), Selenium: 1.21µg (1.72%), Zinc: 0.19mg (1.3%)