



Grilled Pork Chops with Fresh Plum Chutney



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 3 tablespoons cilantro leaves coarsely chopped
- ☐ 1 teaspoon coriander seeds crushed
- ☐ 0.5 teaspoon cumin seeds
- ☐ 2 tbsp t brown sugar dark
- ☐ 1 bay leaves dried
- ☐ 1 tablespoon ginger fresh finely chopped
- ☐ 0.3 cup spring onion sliced

- ☐ 1 tablespoon ground coriander
- ☐ 2 tsp kosher salt divided
- ☐ 2 lemon zest
- ☐ 3.5 tablespoons olive oil divided
- ☐ 2 teaspoons pepper divided
- ☐ 4 pork loin chops
- ☐ 1 pound plums pitted halved
- ☐ 1 serrano chiles thinly sliced
- ☐ 1.5 teaspoons mustard seeds yellow

Equipment

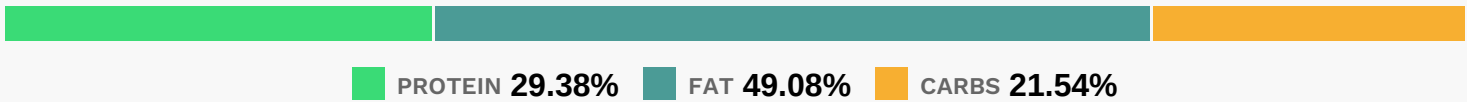
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ ziploc bags
- ☐ microwave
- ☐ rolling pin
- ☐ mortar and pestle

Directions

- ☐ Chop half the plums. Put halved and chopped plums, the chile, and green onions in a deep medium bowl; set aside. Microwave vinegar and 2 tbsp. sugar until steaming, about 30 seconds, then stir until sugar dissolves. Put ginger, mustard seeds, cumin seeds, bay leaf, crushed coriander, and 1 tsp. each salt and pepper in a small bowl.
- ☐ Heat 2 tbsp. oil in a small frying pan over medium-high heat until shimmering.
- ☐ Add ginger mixture and cook, stirring, until mustard seeds start to pop, 15 to 30 seconds.
- ☐ Remove from heat and stir until cumin seeds are a shade darker, 1 to 2 minutes.
- ☐ Add vinegar-sugar mixture. Stir into plum mixture and let chutney stand at least 1 hour and up to 3 hours, stirring occasionally.
- ☐ Meanwhile, heat a grill to medium (350 to 450).

- ☐
- Combine remaining 1 tsp. each salt and pepper, the ground coriander, and lemon zest in a bowl. About 20 minutes before serving, rub pork chops with remaining 1 1/2 tbsp. oil, then with coriander mixture. Taste chutney and add more sugar if you like.
- ☐
- Grill meat covered, turning over once, until barely pink in center, 12 to 15 minutes.
- ☐
- Transfer to a platter. Stir cilantro into chutney. Set pork chops on plates and spoon chutney and juices on top.
- ☐
- *Crush seeds with a mortar and pestle, or seal in a plastic bag and hit with a rolling pin.

Nutrition Facts



Properties

Glycemic Index:48.67, Glycemic Load:4.71, Inflammation Score:-6, Nutrition Score:22.258695405463%

Flavonoids

Cyanidin: 6.38mg, Cyanidin: 6.38mg, Cyanidin: 6.38mg, Cyanidin: 6.38mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 413.01kcal (20.65%), Fat: 22.72g (34.96%), Saturated Fat: 5.06g (31.62%), Carbohydrates: 22.44g (7.48%), Net Carbohydrates: 19.07g (6.93%), Sugar: 17.6g (19.55%), Cholesterol: 89.78mg (29.93%), Sodium: 1232.77mg (53.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.6g (61.2%), Selenium: 47.39µg (67.7%), Vitamin B1: 0.95mg (63.28%), Vitamin B3: 11.39mg (56.96%), Vitamin B6: 1.04mg (51.91%), Phosphorus: 345.93mg (34.59%), Vitamin K: 34.7µg (33.05%), Potassium: 781.24mg (22.32%), Vitamin C: 17.53mg (21.25%), Vitamin B2: 0.3mg (17.62%), Zinc: 2.42mg (16.17%), Vitamin E: 2.38mg (15.9%), Manganese: 0.31mg (15.7%), Magnesium: 59.59mg (14.9%), Fiber: 3.38g (13.51%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.18mg (11.82%), Vitamin A: 526.01IU (10.52%), Iron: 1.84mg (10.21%), Copper: 0.2mg (10.01%), Calcium: 55.56mg (5.56%), Vitamin D: 0.54µg (3.57%), Folate: 14.24µg (3.56%)