



## Grilled Pork Chops Yucatan-Style

 Gluten Free  Dairy Free

READY IN



87 min.

SERVINGS



27

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 Tbsp annatto paste
- 1 avocado cut into 8 wedges
- 7 cups cabbage shredded
- 2 habanero chiles seeded finely chopped
- 5 green onions sliced
- 0.5 cup real mayo mayonnaise kraft
- 1 cup orange juice divided
- 2.5 lb pork chop s bone-in

- 4 large radishes thinly sliced cut in half,

## Equipment

- bowl
- grill

## Directions

- Mix 3/4 cup orange juice and annatto paste.
- Pour over chops in shallow dish; turn to coat both sides of chops. Refrigerate 1 hour to marinate.
- Meanwhile, mix mayo, chiles and remaining orange juice in large bowl.
- Add cabbage, onions and radishes; mix lightly. Refrigerate until ready to serve.
- Heat grill to medium-high heat.
- Remove chops from marinade; discard marinade. Grill chops 5 to 6 min. on each side or until done (160F).
- Serve topped with avocados, with slaw on the side.

## Nutrition Facts



## Properties

Glycemic Index:10.93, Glycemic Load:0.97, Inflammation Score:-2, Nutrition Score:6.9121739086897%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Pelargonidin: 0.84mg, Pelargonidin: 0.84mg, Pelargonidin: 0.84mg, Pelargonidin: 0.84mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 104.6kcal (5.23%), Fat: 7.1g (10.92%), Saturated Fat: 1.6g (9.98%), Carbohydrates: 3.17g (1.06%), Net Carbohydrates: 2.07g (0.75%), Sugar: 1.68g (1.86%), Cholesterol: 23.48mg (7.83%), Sodium: 48.72mg (2.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.24%), Vitamin K: 27.21µg (25.91%), Vitamin C: 17.38mg (21.07%), Selenium: 10.87µg (15.53%), Vitamin B6: 0.28mg (14.22%), Vitamin B1: 0.18mg (12.09%), Vitamin B3: 2.35mg (11.75%), Phosphorus: 79.38mg (7.94%), Potassium: 214.17mg (6.12%), Vitamin B2: 0.09mg (5.01%), Folate: 19.32µg (4.83%), Zinc: 0.67mg (4.46%), Fiber: 1.1g (4.4%), Vitamin B5: 0.4mg (3.99%), Magnesium: 14.61mg (3.65%), Vitamin B12: 0.17µg (2.87%), Manganese: 0.05mg (2.7%), Vitamin E: 0.39mg (2.63%), Copper: 0.05mg (2.45%), Iron: 0.42mg (2.35%), Vitamin A: 105.59IU (2.11%), Calcium: 17.88mg (1.79%), Vitamin D: 0.17µg (1.11%)