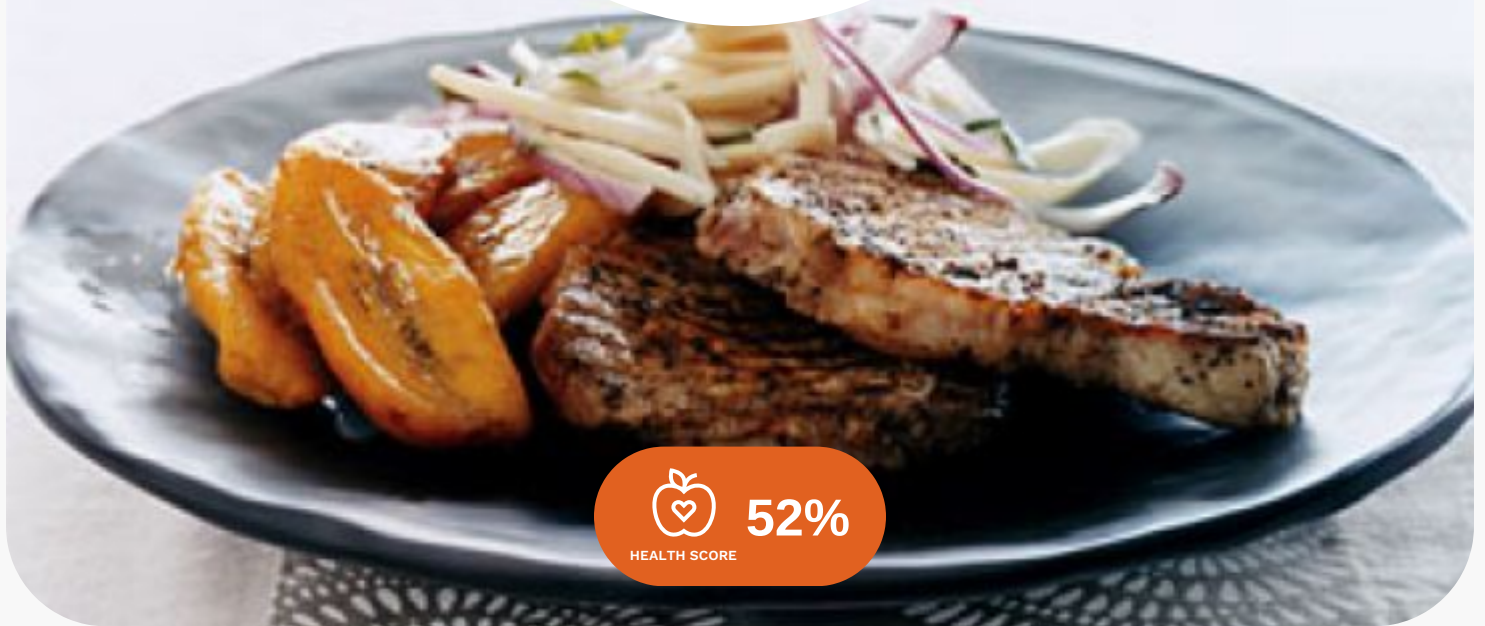




Jerk Pork Chops with Hearts of Palm Salad and Sweet Plantains



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



665 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 0.3 cup cilantro leaves fresh coarsely chopped
- ☐ 14 oz hearts of palm drained canned (not salad-cut)
- ☐ 3 teaspoons walkerswood jamaican jerk seasoning traditional
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 11 oz over-ripe plantain frozen ripe

- ☐ 8 pork chops boneless thin (1/)
- ☐ 0.3 medium onion red thinly sliced
- ☐ 0.3 teaspoon salt

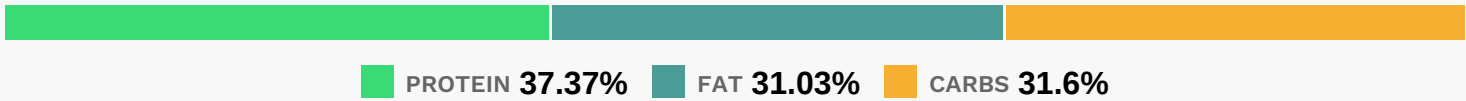
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ aluminum foil
- ☐ colander
- ☐ grill pan

Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F. Line a baking sheet with aluminum foil.
- ☐ Thinly slice hearts of palm on the diagonal and put in a colander along with sliced onion. Rinse well under cold water and pat dry.
- ☐ Transfer to a large bowl and toss together with remaining salad ingredients.
- ☐ Spread plantains on foil-lined baking sheet and bake until hot, 5 to 10 minutes.
- ☐ While plantains bake, lightly oil grill pan and heat over moderately high heat until hot but not smoking.
- ☐ Meanwhile, stir together jerk seasoning and oil in a small bowl and rub all over pork to coat. Grill pork, turning over once, until just cooked through, about 3 minutes total.
- ☐ Serve pork with salad and plantains.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.19, Inflammation Score:-8, Nutrition Score:41.534347990285%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 664.65kcal (33.23%), Fat: 22.81g (35.09%), Saturated Fat: 7.14g (44.63%), Carbohydrates: 52.26g (17.42%), Net Carbohydrates: 48.67g (17.7%), Sugar: 31.14g (34.6%), Cholesterol: 179.56mg (59.85%), Sodium: 316.55mg (13.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.8g (123.6%), Vitamin B6: 2.98mg (149.09%), Selenium: 90.94µg (129.92%), Vitamin B1: 1.89mg (126.3%), Vitamin B3: 23.03mg (115.14%), Potassium: 3225.22mg (92.15%), Phosphorus: 777.63mg (77.76%), Zinc: 8.09mg (53.95%), Vitamin B2: 0.75mg (44.26%), Copper: 0.87mg (43.64%), Vitamin A: 1475.45IU (29.51%), Vitamin C: 24.2mg (29.33%), Vitamin K: 29.91µg (28.48%), Magnesium: 111.8mg (27.95%), Vitamin B12: 1.42µg (23.67%), Vitamin B5: 2.22mg (22.2%), Iron: 3.8mg (21.1%), Fiber: 3.59g (14.36%), Vitamin E: 1.96mg (13.06%), Folate: 43.75µg (10.94%), Manganese: 0.22mg (10.93%), Vitamin D: 1.07µg (7.15%), Calcium: 48.47mg (4.85%)