

 **100%**
HEALTH SCORE

Mario Batali's Pork Chops with Cherry Barbecue Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



3161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 cups canned tomatoes canned crushed
- ☐ 1 cup cherries sweet frozen
- ☐ 1 tablespoon chili powder
- ☐ 1 teaspoon cumin
- ☐ 3 garlic clove
- ☐ 0.5 cup catsup

- ☐ 0.3 cup brown sugar light
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 medium onion
- ☐ 0.5 cup orange juice freshly squeezed (2 oranges)
- ☐ 4 pork loin boneless cut

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ In a small bowl, combine all the ingredients for the marinade and stir together.
- ☐ Place the pork chops in a resealable freezer bag and pour in the marinade, making sure to coat the meat on all sides. Keep cold in a refrigerator or ice-filled cooler for at least 4 hours and up to 24 hours.
- ☐ Remove from heat and serve immediately with the Cherry Barbecue Sauce
- ☐ Cherry Barbecue Sauce
- ☐ – Makes about 3 cups –
- ☐ In a medium saucepan, cook the onion over medium-high heat, until it softens, about 8 minutes.
- ☐ Add the garlic and chili powder and cook 1 minute more.
- ☐ Add the tomatoes, orange juice, ketchup, sugar, and cherries and cook 5 minutes more, stirring frequently.
- ☐ Transfer the mixture to a blender or a food processor fitted with the metal blade and blend until smooth.
- ☐ Transfer to a plastic container and keep cold in a refrigerator or ice-filled cooler until ready to use or for up to one week.

Nutrition Facts

PROTEIN 64.88% FAT 28.61% CARBS 6.51%

Properties

Glycemic Index:43.5, Glycemic Load:5.96, Inflammation Score:-10, Nutrition Score:65.896956402323%

Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg

Nutrients (% of daily need)

Calories: 3160.9kcal (158.05%), Fat: 97.05g (149.31%), Saturated Fat: 28.5g (178.15%), Carbohydrates: 49.69g (16.56%), Net Carbohydrates: 45.25g (16.45%), Sugar: 39.24g (43.59%), Cholesterol: 1382.85mg (460.95%), Sodium: 1548.47mg (67.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 495.17g (990.33%), Selenium: 610.11µg (871.59%), Vitamin B6: 16.94mg (847.18%), Vitamin B1: 9.88mg (658.69%), Vitamin B3: 128.51mg (642.56%), Phosphorus: 5018.49mg (501.85%), Zinc: 40.12mg (267.44%), Potassium: 8910.17mg (254.58%), Vitamin B2: 4.27mg (251.08%), Vitamin B12: 11.19µg (186.57%), Vitamin B5: 16.92mg (169.22%), Magnesium: 615.91mg (153.98%), Iron: 14.67mg (81.5%), Copper: 1.61mg (80.27%), Vitamin D: 8.78µg (58.53%), Vitamin E: 6.64mg (44.24%), Vitamin C: 33.07mg (40.08%), Manganese: 0.57mg (28.48%), Vitamin A: 1098.23IU (21.96%), Calcium: 201.4mg (20.14%), Fiber: 4.44g (17.75%), Vitamin K: 14.57µg (13.88%), Folate: 35.21µg (8.8%)