



Mojo Pork Chops with Plantains



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds pork chops bone-in thin
- ☐ 2 teaspoons cumin seeds crushed
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 clove garlic chopped
- ☐ 1 grapefruit
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 0.5 cup olive oil extra-virgin plus more for drizzling
- ☐ 1 cranberry-orange relish

- ☐ 2 tablespoons oregano fresh chopped
- ☐ 3 plantains ripe peeled quartered or 1 pound potatoes
- ☐ 3 tablespoons citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ potato masher

Directions

- ☐ Cut a 2-inch strip of zest from both the orange and grapefruit; place in a glass bowl. Squeeze 3 tablespoons juice from each fruit into the bowl (set the fruit aside).
- ☐ Whisk in 3 tablespoons olive oil, 2 tablespoons vinegar, 1 tablespoon oregano, the cumin seeds, and salt and pepper to taste. Poke the pork chops with a fork, then add them to the marinade, turning to coat. Set aside for 20 minutes.
- ☐ Meanwhile, make the mojo sauce: Squeeze 1 tablespoon each orange and grapefruit juice into another bowl; whisk in the remaining 1 tablespoon vinegar, 5 tablespoons olive oil, 1 tablespoon oregano, garlic and parsley. Season with 1/2 teaspoon salt, and pepper to taste.
- ☐ Boil the plantains in a saucepan of salted water, covered, until tender, about 15 minutes.
- ☐ Drain, reserving about 1/2 cup cooking liquid. Smash the plantains with a potato masher, drizzling with olive oil and some of the cooking liquid. Season with salt and pepper; keep warm.
- ☐ Heat 2 medium skillet over medium-high heat.
- ☐ Remove the pork from the marinade; pat dry.
- ☐ Brush the chops lightly with some of the mojo sauce; sear until golden and slightly crisp on one side, about 5 minutes. Turn and cook about 3 more minutes. Divide the pork and plantains among plates and drizzle with more mojo sauce.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:34.88, Glycemic Load:2.96, Inflammation Score:-10, Nutrition Score:37.753478423409%

Flavonoids

Hesperetin: 9.15mg, Hesperetin: 9.15mg, Hesperetin: 9.15mg, Hesperetin: 9.15mg Naringenin: 25.91mg, Naringenin: 25.91mg, Naringenin: 25.91mg, Naringenin: 25.91mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 559.29kcal (27.96%), Fat: 21.75g (33.46%), Saturated Fat: 5.92g (37%), Carbohydrates: 56.46g (18.82%), Net Carbohydrates: 50.93g (18.52%), Sugar: 31.16g (34.62%), Cholesterol: 117.37mg (39.12%), Sodium: 300.35mg (13.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.45g (76.9%), Vitamin K: 180.52µg (171.93%), Vitamin C: 72.49mg (87.87%), Selenium: 60.01µg (85.73%), Vitamin B6: 1.61mg (80.53%), Vitamin B1: 0.98mg (65.52%), Vitamin B3: 12.65mg (63.25%), Vitamin A: 3024.01IU (60.48%), Phosphorus: 429.66mg (42.97%), Potassium: 1481.33mg (42.32%), Magnesium: 114.69mg (28.67%), Vitamin B2: 0.48mg (28.3%), Zinc: 3.54mg (23.61%), Iron: 4.04mg (22.43%), Fiber: 5.52g (22.09%), Manganese: 0.42mg (20.79%), Vitamin B5: 1.91mg (19.07%), Folate: 65.13µg (16.28%), Vitamin B12: 0.9µg (15.03%), Copper: 0.28mg (14.05%), Calcium: 125.32mg (12.53%), Vitamin E: 1.67mg (11.14%), Vitamin D: 0.85µg (5.67%)