



Mole-Style Pork Chops



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 teaspoon ground chipotle chile peppers
- ☐ 1 teaspoon ground cumin
- ☐ 24 ounce center-cut pork chops bone-in (1/)
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon paprika smoked
- ☐ 1 teaspoon cocoa powder unsweetened

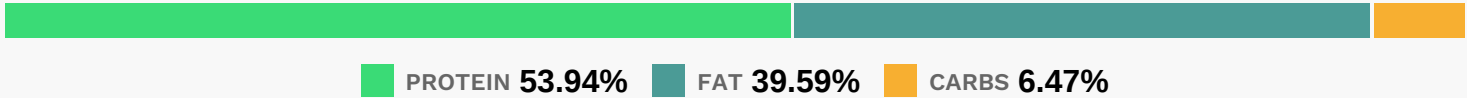
Equipment

- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat a grill pan over medium heat.
- ☐ Combine first 6 ingredients; rub evenly over both sides of pork. Lightly coat pork with cooking spray.
- ☐ Place pork on grill pan; cover and grill 3 minutes on each side or until done.
- ☐ Let stand 3 minutes.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:19.796521945978%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 282.96kcal (14.15%), Fat: 12.07g (18.57%), Saturated Fat: 4.22g (26.4%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 3.77g (1.37%), Sugar: 3.49g (3.88%), Cholesterol: 113.97mg (37.99%), Sodium: 375.46mg (16.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.99g (73.98%), Selenium: 56.43µg (80.62%), Vitamin B1: 1.14mg (75.97%), Vitamin B3: 13.67mg (68.35%), Vitamin B6: 1.25mg (62.47%), Phosphorus: 390.44mg (39.04%), Vitamin B2: 0.32mg (19%), Potassium: 662.65mg (18.93%), Zinc: 2.7mg (18.01%), Vitamin B12: 0.9µg (15.03%), Vitamin B5: 1.25mg (12.54%), Magnesium: 48.47mg (12.12%), Iron: 1.35mg (7.48%), Copper: 0.11mg (5.71%), Vitamin A: 259.42IU (5.19%), Vitamin D: 0.68µg (4.54%), Fiber: 0.67g (2.69%), Vitamin E: 0.38mg (2.56%), Manganese: 0.05mg (2.44%), Calcium: 20.7mg (2.07%)