



## Pan-Roasted Pork Chops with Yellow Pepper Mole Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



726 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup canola oil
- 2 6-inch corn tortillas yellow coarsely chopped ()
- 4 cloves garlic chopped
- 3 tablespoons golden raisins
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 1 tablespoon honey

- 4 servings pepper white freshly ground
- 4 cups chicken broth low-sodium
- 1 mangos pitted ripe peeled chopped
- 40 ounce pork chops bone-in
- 0.3 cup pumpkin seeds raw
- 1 medium onion red chopped
- 2 tomatillos husked scrubbed chopped
- 0.5 ounce chocolate white chopped
- 3 bell pepper yellow peeled seeded chopped

## Equipment

- food processor
- frying pan
- sauce pan
- ladle
- oven
- grill

## Directions

- Heat the 1/4 cup oil in a medium saucepan over high heat until smoking.
- Add the tortillas and fry until crisp, about 1 minute.
- Remove to a plate.
- Add the pumpkin seeds to the pan and cook until golden, 2 to 3 minutes.
- Transfer to a plate.
- Add the onion to the pan and cook until soft, 3 to 4 minutes.
- Add the garlic and cook for 1 minute.
- Add the stock, yellow peppers, mango, tomatillos, and raisins and boil, stirring occasionally, until reduced by half, 25 to 30 minutes.

- Transfer the yellow pepper mixture, the fried tortillas, and the pumpkin seeds to a food processor and process until smooth. Strain the sauce into a clean medium saucepan and simmer over medium heat until it reaches a sauce consistency, 15 to 20 minutes. Keep warm over low heat.
- Preheat the oven to 425 degrees F.
- Heat the 2 tablespoons oil in a large ovenproof sauté pan over high heat until almost smoking. Season the chops on both sides with salt and pepper.
- Place the chops in the pan and cook until golden brown, 4 to 5 minutes; flip the chops over and place the pan in the oven. Roast until medium, 8 to 10 minutes.
- Remove the chops from the pan and let rest for 5 minutes before serving. While the chops are resting, add the chocolate, honey, cloves, and cinnamon to the sauce and season with salt and pepper. Cook for 5 minutes. The mole sauce can be made up to 1 day in advance and refrigerated. Reheat before serving.
- Ladle some of the sauce onto each of 4 large dinner plates and top with a pork chop.
- Taste
- Book, using the USDA Nutrition Database
- Bobby Flay's Mesa Grill Cookbook by Bobby Flay. Copyright © 2007 by Bobby Flay. Published by Crown Publishing Group. All Right Reserved. Bobby Flay opened his first restaurant, Mesa Grill, in 1991 and quickly developed a following for his innovative Southwestern cuisine. The restaurant continues to get high marks in The Zagat Survey for its regional American cuisine and has spawned two offshoots, Mesa Grill in Caesar's Palace in Las Vegas and Mesa Grill Atlantis in the Bahamas. Bobby opened Bolo in 1993, Bar American in 2005, and Bobby Flay Steak in 200
- He is also the food correspondent for The Early Show on CBS and has hosted numerous popular cooking shows since his debut on Food Network in 1996, from the Emmy-nominated Boy Meets Grill to the Iron Chef America Series and Throwdown with Bobby Flay . This is his seventh book.
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## Nutrition Facts



■ PROTEIN 28.95% ■ FAT 47.23% ■ CARBS 23.82%

## Properties

Glycemic Index:88.3, Glycemic Load:15.51, Inflammation Score:-9, Nutrition Score:39.270869420922%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg

## Nutrients (% of daily need)

Calories: 725.65kcal (36.28%), Fat: 38.8g (59.69%), Saturated Fat: 9.06g (56.61%), Carbohydrates: 44.04g (14.68%), Net Carbohydrates: 39.33g (14.3%), Sugar: 22.5g (25%), Cholesterol: 147.45mg (49.15%), Sodium: 203.17mg (8.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.51g (107.02%), Vitamin C: 188.48mg (228.46%), Selenium: 74.62µg (106.6%), Vitamin B3: 19.38mg (96.9%), Vitamin B6: 1.87mg (93.67%), Vitamin B1: 1.12mg (74.92%), Phosphorus: 676.37mg (67.64%), Potassium: 1463.28mg (41.81%), Manganese: 0.73mg (36.58%), Vitamin B2: 0.58mg (34.25%), Zinc: 4.9mg (32.69%), Magnesium: 118.08mg (29.52%), Copper: 0.58mg (28.92%), Vitamin B12: 1.38µg (23.05%), Vitamin E: 3.43mg (22.88%), Iron: 3.61mg (20.05%), Vitamin B5: 1.91mg (19.13%), Fiber: 4.71g (18.84%), Vitamin A: 774.29IU (15.49%), Vitamin K: 15.3µg (14.57%), Folate: 55.87µg (13.97%), Calcium: 112.59mg (11.26%), Vitamin D: 1.06µg (7.09%)