



Pork Chops Coriander-Cumin Spice Rub



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



153 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 tablespoon coriander seeds toasted
- ☐ 1 tablespoon cumin seeds toasted
- ☐ 2 tablespoons cilantro leaves fresh coarsely chopped
- ☐ 3 garlic clove finely chopped
- ☐ 2 servings lime wedges
- ☐ 2 tablespoons olive oil
- ☐ 1.5 inch pork chops

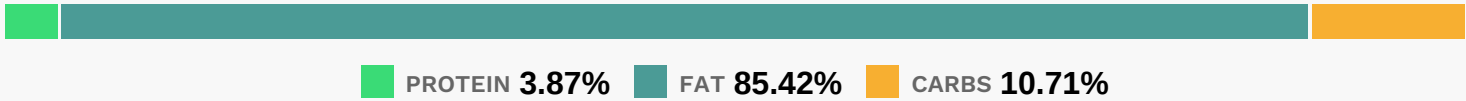
Equipment

☐ frying pan

Directions

- ☐ Combine cumin, coriander, garlic, and 1 tablespoon oil. Pat pork chops dry and season with salt and pepper. Rub spice mixture on both sides of chops.
- ☐ Heat remaining tablespoon oil in a large heavy skillet over moderate heat until hot but not smoking, then cook chops until just cooked through, 5 to 7 minutes on each side.
- ☐ Serve pork chops sprinkled with cilantro and garnish with lime wedges.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:0.49, Inflammation Score:-2, Nutrition Score:4.2395651691958%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 152.51kcal (7.63%), Fat: 15.27g (23.49%), Saturated Fat: 2.05g (12.84%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 2.81g (1.02%), Sugar: 0.13g (0.15%), Cholesterol: 1.28mg (0.43%), Sodium: 8.08mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.11%), Iron: 2.58mg (14.31%), Vitamin E: 2.13mg (14.23%), Manganese: 0.22mg (11.23%), Vitamin K: 9.91µg (9.44%), Fiber: 1.5g (5.98%), Calcium: 54.67mg (5.47%), Magnesium: 21.01mg (5.25%), Vitamin B6: 0.08mg (4.19%), Phosphorus: 36.76mg (3.68%), Copper: 0.07mg (3.32%), Potassium: 113.71mg (3.25%), Vitamin B1: 0.05mg (3.14%), Vitamin C: 2.56mg (3.1%), Selenium: 2.09µg (2.98%), Zinc: 0.35mg (2.31%), Vitamin B3: 0.38mg (1.9%), Vitamin B2: 0.03mg (1.55%), Vitamin A: 66.07IU (1.32%)