



## Pork Chops Cubano with Garlic-Citrus Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup all-bran cereal
- 1 tablespoon cilantro leaves fresh finely chopped
- 1 teaspoon garlic finely chopped
- 2 teaspoons orange zest grated
- 1 teaspoon onion powder
- 1 teaspoon oregano dried
- 1 teaspoon ground cumin
- 0.3 teaspoon pepper
- 16 oz pork loin chops

- 0.5 cup buttermilk
- 2 teaspoons olive oil
- 1 tablespoon garlic finely chopped
- 0.3 cup juice of lime
- 2 tablespoons orange juice
- 2 tablespoons cilantro leaves fresh chopped

## Equipment

- food processor
- baking sheet
- sauce pan
- oven
- ziploc bags
- rolling pin
- meat tenderizer

## Directions

- Heat oven to 400°F. Spray cookie sheet with cooking spray.
- Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet (or crush in food processor).
- In shallow dish, mix cereal, 1 tablespoon cilantro, 1 teaspoon garlic, the orange peel, onion powder, oregano, cumin and pepper. Dip pork chops into buttermilk; coat completely with cereal mixture.
- Place on cookie sheet.
- Bake 25 to 30 minutes or until pork is no longer pink in center.
- Meanwhile, in 1-quart saucepan, heat oil over medium heat. Cook 1 tablespoon garlic in oil about 1 minute, stirring occasionally, until golden. Stir in lime and orange juices.
- Heat to boiling, stirring occasionally.
- Remove from heat; stir in 2 tablespoons cilantro. Cover; refrigerate until serving time.
- Serve with pork chops.

# Nutrition Facts

PROTEIN 38.9% FAT 36.98% CARBS 24.12%

## Properties

Glycemic Index:73.42, Glycemic Load:4.3, Inflammation Score:-9, Nutrition Score:32.798260999762%

## Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 2.37mg, Hesperetin: 2.37mg, Hesperetin: 2.37mg, Hesperetin: 2.37mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 270.15kcal (13.51%), Fat: 11.81g (18.17%), Saturated Fat: 3.82g (23.87%), Carbohydrates: 17.34g (5.78%), Net Carbohydrates: 12.17g (4.43%), Sugar: 4.96g (5.51%), Cholesterol: 79.28mg (26.43%), Sodium: 128.34mg (5.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.95g (55.9%), Vitamin B6: 2.75mg (137.54%), Vitamin B1: 1.15mg (76.47%), Manganese: 1.27mg (63.65%), Vitamin B12: 3.65µg (60.88%), Selenium: 40.65µg (58.08%), Vitamin B3: 11.52mg (57.58%), Folate: 210.76µg (52.69%), Phosphorus: 473.2mg (47.32%), Vitamin B2: 0.7mg (40.92%), Zinc: 3.91mg (26.03%), Magnesium: 95.68mg (23.92%), Iron: 3.95mg (21.96%), Fiber: 5.16g (20.66%), Potassium: 692.83mg (19.8%), Vitamin C: 14.35mg (17.4%), Copper: 0.26mg (13.1%), Calcium: 127.71mg (12.77%), Vitamin B5: 1.17mg (11.7%), Vitamin D: 1.51µg (10.07%), Vitamin A: 389.61IU (7.79%), Vitamin K: 6.54µg (6.23%), Vitamin E: 0.8mg (5.34%)