



Pork Chops Mole



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bell pepper strips red
- ☐ 0.5 cup bell pepper strips yellow
- ☐ 14.5 ounce canned tomatoes diced with garlic and onion, undrained canned
- ☐ 1 teaspoon chili powder
- ☐ 0.3 teaspoon cumin seeds
- ☐ 0.5 cup cilantro leaves fresh minced
- ☐ 1 tablespoon jalapeno minced seeded
- ☐ 1 cup onion chopped

- ☐ 1 teaspoon oregano dried
- ☐ 16 ounce boned pork loin chops (1/)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 ounce bittersweet chocolate grated
- ☐ 0.3 cup water

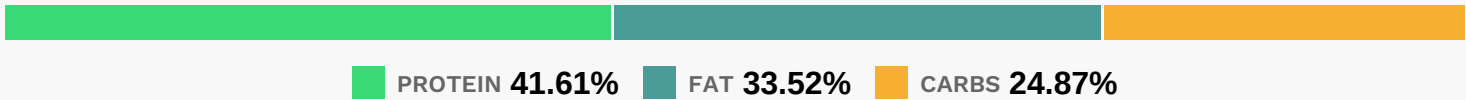
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat. Cook chops 4 minutes on each side or until browned.
- ☐ Remove from pan.
- ☐ Add water to pan, scraping to loosen browned bits.
- ☐ Pour mixture over chops; Cover and set aside.
- ☐ Reheat pan coated with cooking spray over medium-high heat.
- ☐ Add onion, bell peppers, and jalapeo pepper; cook 4 minutes or until tender. Stir in tomatoes; cook 1 minute.
- ☐ Add chocolate and next 4 ingredients (chocolate through cumin seeds).
- ☐ Add the pork chops; bring to a boil. Cover, reduce heat to medium-low, and cook 5 minutes, stirring occasionally.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:3.22, Inflammation Score:-9, Nutrition Score:25.778260500535%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg

Nutrients (% of daily need)

Calories: 259.79kcal (12.99%), Fat: 9.8g (15.07%), Saturated Fat: 3.66g (22.87%), Carbohydrates: 16.35g (5.45%), Net Carbohydrates: 12.32g (4.48%), Sugar: 8.53g (9.48%), Cholesterol: 76.19mg (25.4%), Sodium: 494.15mg (21.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.05mg (1.02%), Protein: 27.36g (54.72%), Vitamin C: 75.44mg (91.45%), Vitamin B1: 0.87mg (58.27%), Vitamin B6: 1.15mg (57.35%), Selenium: 38.89µg (55.55%), Vitamin B3: 10.9mg (54.48%), Phosphorus: 324.09mg (32.41%), Potassium: 919.42mg (26.27%), Vitamin A: 1182.18IU (23.64%), Manganese: 0.39mg (19.39%), Vitamin B2: 0.31mg (18.23%), Copper: 0.35mg (17.63%), Magnesium: 68.53mg (17.13%), Vitamin K: 17.31µg (16.49%), Fiber: 4.04g (16.14%), Zinc: 2.33mg (15.56%), Iron: 2.78mg (15.43%), Vitamin E: 2.23mg (14.84%), Vitamin B5: 1.29mg (12.93%), Vitamin B12: 0.61µg (10.12%), Folate: 37.96µg (9.49%), Calcium: 70.84mg (7.08%), Vitamin D: 0.45µg (3.02%)