



Pork Chops with Caribbean Rub and Mango Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cilantro leaves chopped
- ☐ 0.3 teaspoon ground allspice
- ☐ 1.5 teaspoons ground coriander
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.8 teaspoon ground ginger
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 cup mangos diced peeled

- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 0.5 cup plum tomatoes diced
- ☐ 24 ounce pork chops bone-in ()
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.8 teaspoon sugar

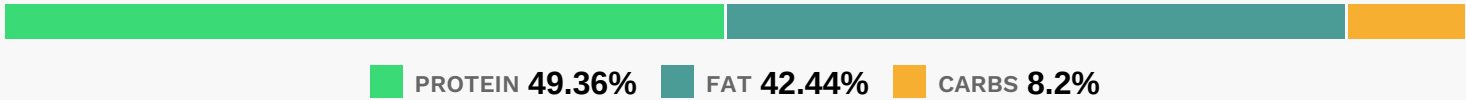
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ grill pan

Directions

- ☐ Combine the first 7 ingredients in a small bowl. Rub pork chops with spice mixture.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork to pan; grill 3 minutes on each side or until a thermometer registers 145 (slightly pink).
- ☐ Combine mango and remaining ingredients in a small bowl; toss gently.
- ☐ Serve salsa with pork.

Nutrition Facts



Properties

Glycemic Index:60.96, Glycemic Load:2.29, Inflammation Score:-6, Nutrition Score:22.925651892372%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 309.92kcal (15.5%), Fat: 14.29g (21.99%), Saturated Fat: 4.5g (28.16%), Carbohydrates: 6.21g (2.07%), Net Carbohydrates: 4.98g (1.81%), Sugar: 4.41g (4.89%), Cholesterol: 113.97mg (37.99%), Sodium: 377.02mg (16.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.4g (74.81%), Selenium: 56.9µg (81.29%), Vitamin B1: 1.16mg (77.31%), Vitamin B3: 14.02mg (70.09%), Vitamin B6: 1.29mg (64.67%), Phosphorus: 403.43mg (40.34%), Potassium: 781.61mg (22.33%), Vitamin B2: 0.34mg (19.85%), Zinc: 2.81mg (18.7%), Vitamin C: 12.43mg (15.07%), Vitamin B12: 0.9µg (15.03%), Magnesium: 56.5mg (14.13%), Vitamin B5: 1.32mg (13.17%), Vitamin A: 647.59IU (12.95%), Manganese: 0.24mg (11.93%), Vitamin K: 10.7µg (10.19%), Iron: 1.74mg (9.65%), Copper: 0.16mg (7.86%), Vitamin E: 0.95mg (6.32%), Fiber: 1.23g (4.92%), Vitamin D: 0.68µg (4.54%), Folate: 14.78µg (3.69%), Calcium: 32.55mg (3.26%)