



Pork Chops with Chiles Rellenos and Ancho Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



724 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 teaspoons ancho chile powder divided
- ☐ 12 ounces baby dutch potatoes unpeeled cut into 1/3-inch cubes (2 1/2 cups)
- ☐ 1 cinnamon sticks
- ☐ 1 tablespoon coarse kosher salt
- ☐ 1 teaspoon cumin seeds
- ☐ 1 garlic clove pressed
- ☐ 1 tablespoon honey

- ☐ 1 cup low-salt chicken broth
- ☐ 4 servings olive oil
- ☐ 0.5 cup orange juice
- ☐ 1 tablespoon oregano plus oregano leaves fresh chopped for garnish
- ☐ 6 large poblano chiles fresh stemmed
- ☐ 6 pork loin chops on bone 1-inch-thick
- ☐ 4 ounces coarsely sharp cheddar cheese white grated
- ☐ 1 tablespoon double-concentrated tomato paste italian

Equipment

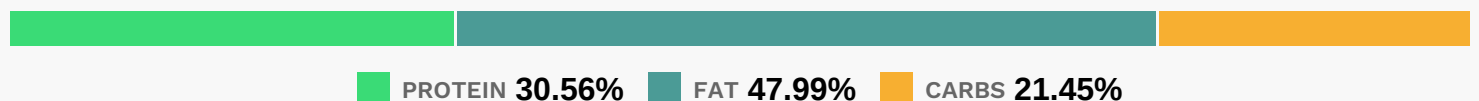
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ knife
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Char chiles over gas flame or in broiler until blackened all over.
- ☐ Place chiles in bowl; cover tightly with plastic wrap and let steam 15 minutes. Peel, leaving stem intact (do not tear flesh of chiles). Using small sharp knife, cut 1 long slit down side of eachchile; carefully remove seeds. Toast cumin seeds in small skillet over medium-high heat until slightly darkened and aromatic, 1 to 2 minutes. Set chiles and cumin aside.
- ☐ Line rimless baking sheet with foil. Cook potatoes in large saucepan of boiling salted water until just tender, about 8 minutes.
- ☐ Drain.
- ☐ Transfer potatoes to medium bowl; cool.

- ☐ Add cheese, chopped oregano, and toasted cumin; stir to distribute evenly. Season to taste with salt and pepper. Carefully fill chiles with potato mixture, about 1/3 to 1/2 cup filling for each. Working with 1 chile at a time, hold in palm and squeeze gently to compress lightly.
- ☐ Place stuffed chiles on prepared sheet.
- ☐ Combine broth, juice, 2 teaspoons chile powder, and next 4 ingredients in heavy medium saucepan. Simmer over medium heat until slightly thickened and reduced to 2/3 cup, 8 to 9 minutes. DO AHEAD: Chiles and sauce can be made 1 day ahead. Cover and chill separately.
- ☐ Let chiles return to room temperature before continuing.
- ☐ Mix 3 teaspoons chile powder and 1 tablespoon coarse salt in small bowl.
- ☐ Sprinkle mixture over pork chops; let stand at room temperature up to 2 hours.
- ☐ Prepare barbecue (medium heat).
- ☐ Brush pork with oil.
- ☐ Place pork chops on 1 side of grill.
- ☐ Transfer chiles on foil to opposite side of grill. Grill pork chops until just cooked through, about 4 minutes per side; transfer to plate and let rest 10 minutes. Grill chiles until cheese melts, about 15 minutes.
- ☐ Rewarm sauce.
- ☐ Place 1 pork chop and 1 chile on each plate.
- ☐ Drizzle sauce over, sprinkle with oregano leaves, and serve.
- ☐ * Often called pasillas; available at some supermarkets and at specialty foods stores, farmers' markets, and Latin markets.
- ☐ ** Available in the spice section of many supermarkets and at Latin markets.
- ☐ *** Available in tubes at some supermarkets and at Italian markets.

Nutrition Facts



Properties

Glycemic Index:78.76, Glycemic Load:16.06, Inflammation Score:-10, Nutrition Score:45.710869623267%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 11.6mg, Luteolin: 11.6mg, Luteolin: 11.6mg, Luteolin: 11.6mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 723.81kcal (36.19%), Fat: 39.05g (60.08%), Saturated Fat: 12.67g (79.21%), Carbohydrates: 39.26g (13.09%), Net Carbohydrates: 31.03g (11.28%), Sugar: 14.41g (16.01%), Cholesterol: 163.02mg (54.34%), Sodium: 2130.95mg (92.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.96g (111.92%), Vitamin C: 231.29mg (280.35%), Vitamin B6: 2.39mg (119.36%), Selenium: 75.82µg (108.32%), Vitamin B1: 1.6mg (106.72%), Vitamin B3: 19.6mg (97.99%), Phosphorus: 721.83mg (72.18%), Potassium: 1796.86mg (51.34%), Vitamin A: 2098.51IU (41.97%), Vitamin B2: 0.66mg (38.88%), Vitamin K: 40.14µg (38.23%), Manganese: 0.76mg (37.96%), Zinc: 5.03mg (33.52%), Fiber: 8.22g (32.89%), Vitamin E: 4.81mg (32.08%), Calcium: 301.04mg (30.1%), Magnesium: 119.55mg (29.89%), Copper: 0.48mg (24.01%), Iron: 4.28mg (23.78%), Vitamin B12: 1.42µg (23.75%), Vitamin B5: 2.18mg (21.83%), Folate: 57.83µg (14.46%), Vitamin D: 0.97µg (6.49%)