



Pork Chops Yucatán-Style



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted peeled halved sliced
- ☐ 2 bay leaves
- ☐ 1 teaspoon peppercorns whole black
- ☐ 4 large pork chops bone-in
- ☐ 0.3 cup cilantro plus cilantro leaves fresh coarsely chopped
- ☐ 3 tablespoons coarse kosher salt
- ☐ 4 servings warm corn tortillas
- ☐ 0.5 small cabbage green thinly sliced

- ☐ 0.5 cup juice of lime fresh
- ☐ 0.5 cup orange juice fresh
- ☐ 1 bunch radishes red trimmed sliced
- ☐ 2 cups water
- ☐ 1 large onion white with skin, quartered through core with some core still attached to each piece
- ☐ 1 teaspoon allspice whole

Equipment

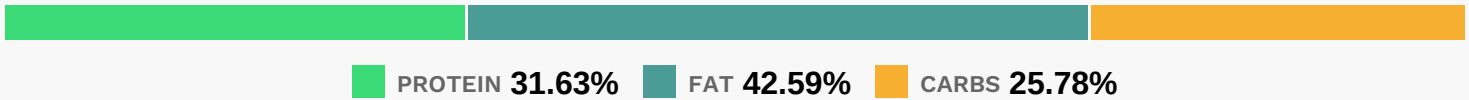
- ☐ bowl
- ☐ frying pan
- ☐ loaf pan
- ☐ baking pan
- ☐ grill

Directions

- ☐ Stir water, kosher salt, bay leaves, allspice, and black peppercorns in medium bowl until salt dissolves for brine. Arrange pork chops in 13 x 9 x 2-inch baking dish.
- ☐ Pour brine over. Cover and refrigerate 1 hour, turning occasionally.
- ☐ Remove top rack from barbecue.
- ☐ Place 1 aluminum pan in center of lower grill rack for drip pan. Light briquettes in chimney; carefully pour onto lower grill rack, forming piles on either side of drip pan.
- ☐ Drain wood chips; scatter wood chips evenly over coals. Return top grill rack to barbecue.
- ☐ For gas grill
- ☐ Remove top grill rack from barbecue. Prepare barbecue (medium heat). If using 2-burner grill, light 1 burner. If using 3-burner grill, do not light center burner.
- ☐ Drain wood chips. Stack 2 mini loaf pans (one inside the other); fill with 1 cup wood chips. Stack remaining loaf pans; fill with 1 cup wood chips.
- ☐ Place pans directly on flame (if using 3-burner grill, place both pans on 1 lit side).
- ☐ Place aluminum baking pan on unlit portion of grill. Return top grill rack to barbecue.

- ☐ Grill onion quarters until browned (skin may burn), about 3 minutes per side. Cool and peel. Thinly slice and place in bowl.
- ☐ Add orange juice and lime juice. Season onion mixture to taste with salt.
- ☐ Mix in chopped cilantro.
- ☐ Remove pork from brine; pat dry, then grill covered over drip pan until cooked through, 4 to 6 minutes per side.
- ☐ Transfer to plate; let rest 10 minutes.
- ☐ Arrange cabbage on platter. Top with pork, avocado, and radishes.
- ☐ Drain onion; scatter over pork and vegetables.
- ☐ Sprinkle chopped cilantro leaves over.
- ☐ Serve with warm corn tortillas.

Nutrition Facts



Properties

Glycemic Index:81.13, Glycemic Load:9.41, Inflammation Score:-8, Nutrition Score:35.630869222724%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg Hesperetin: 6.42mg, Hesperetin: 6.42mg, Hesperetin: 6.42mg, Hesperetin: 6.42mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.62mg, Quercetin: 8.62mg, Quercetin: 8.62mg, Quercetin: 8.62mg

Nutrients (% of daily need)

Calories: 492.44kcal (24.62%), Fat: 23.81g (36.63%), Saturated Fat: 6.37g (39.81%), Carbohydrates: 32.42g (10.81%), Net Carbohydrates: 23.58g (8.58%), Sugar: 8.37g (9.3%), Cholesterol: 116.96mg (38.99%), Sodium: 5371.68mg (233.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.79g (79.58%), Selenium: 59.78µg (85.4%), Vitamin C: 67.67mg (82.02%), Vitamin K: 83.81µg (79.82%), Vitamin B6: 1.56mg (78.2%), Vitamin B1: 0.99mg

(66.13%), Vitamin B3: 12.99mg (64.97%), Phosphorus: 511.78mg (51.18%), Potassium: 1240.49mg (35.44%), Fiber: 8.84g (35.37%), Manganese: 0.58mg (28.8%), Vitamin B2: 0.47mg (27.75%), Zinc: 4.02mg (26.79%), Folate: 104.3µg (26.07%), Magnesium: 102.39mg (25.6%), Vitamin B5: 2.29mg (22.93%), Copper: 0.35mg (17.44%), Vitamin B12: 0.9µg (14.97%), Iron: 2.57mg (14.29%), Calcium: 135.28mg (13.53%), Vitamin E: 1.57mg (10.49%), Vitamin A: 333.51IU (6.67%), Vitamin D: 0.85µg (5.65%)