



 **46%**  
HEALTH SCORE

## Seared Pork Chops W/ Mango Salsa

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**428 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bell pepper green cubed
- 4 servings pepper black
- 2 teaspoons ground pepper
- 4 servings cilantro leaves
- 2 tablespoons cumin
- 1 tablespoon garlic powder
- 1 lime juiced
- 1 mangos cubed peeled

- 2 tablespoons ground mustard
- 0.5 onion diced peeled
- 1 tablespoon onion powder
- 24 oz pork chops
- 4 servings salt
- 6 spring onion sliced thin
- 1 tomatoes cubed seeded
- 2 tablespoons vegetable oil

## Equipment

- bowl
- frying pan

## Directions

- In a bowl thoroughly mix dry rub ingredients (cumin, mustard powder, cayenne, garlic powder, onion powder, 1 tablespoon salt, 2 teaspoons black pepper).Dust and massage dry rub into pork chops, rest in fridge for about 10min
- Prep mango, bell pepper, onion, scallions, tomato, and cilantro set aside.
- Heat pan w/ oil to med high, sear pork chops. 2-3 minutes on each side.
- Let pork chops rest 5-8 minutes before serving.Take salsa bowl, add juice of a whole lime, add salt and pepper to taste.
- Mix thoroughly
- Place pork chop on plate and top with mango salsa.

## Nutrition Facts



## Properties

Glycemic Index:74.19, Glycemic Load:5.18, Inflammation Score:-9, Nutrition Score:33.995652173913%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

## Taste

Sweetness: 47.03%, Saltiness: 100%, Sourness: 31.28%, Bitterness: 22.93%, Savoriness: 71.4%, Fattiness: 83.79%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 427.65kcal (21.38%), Fat: 21.14g (32.52%), Saturated Fat: 5.45g (34.07%), Carbohydrates: 20.49g (6.83%), Net Carbohydrates: 16.13g (5.86%), Sugar: 10.47g (11.64%), Cholesterol: 113.97mg (37.99%), Sodium: 290.49mg (12.63%), Protein: 40.3g (80.6%), Selenium: 65.12µg (93.03%), Vitamin B1: 1.27mg (84.39%), Vitamin B6: 1.52mg (76%), Vitamin B3: 14.82mg (74.08%), Vitamin C: 57.95mg (70.24%), Vitamin K: 58.43µg (55.65%), Phosphorus: 479.66mg (47.97%), Vitamin A: 1583.65IU (31.67%), Potassium: 1075.78mg (30.74%), Vitamin B2: 0.4mg (23.69%), Iron: 4.1mg (22.78%), Magnesium: 90.91mg (22.73%), Zinc: 3.4mg (22.67%), Manganese: 0.43mg (21.27%), Fiber: 4.36g (17.45%), Vitamin B5: 1.52mg (15.2%), Vitamin B12: 0.9µg (15.03%), Vitamin E: 2.26mg (15.03%), Copper: 0.3mg (14.83%), Folate: 54.48µg (13.62%), Calcium: 92.95mg (9.29%), Vitamin D: 0.68µg (4.54%)