



Sonoran Spiced Pork Chops



Gluten Free



Dairy Free



Low Fod Map

READY IN



17 min.

SERVINGS



4

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon thyme leaves dried
- ☐ 1 tablespoon ground coriander
- ☐ 2 tablespoons ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 4 lemon wedges
- ☐ 1 tablespoon paprika
- ☐ 16 ounce center-cut loin pork chops boneless 3/

☐ 0.8 teaspoon salt

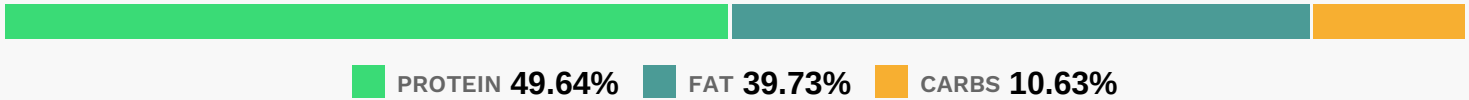
Equipment

- ☐ bowl
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Prepare broiler.
- ☐ Combine first 7 ingredients in a small bowl; rub spice mixture onto both sides of pork chops.
- ☐ Place chops on rack of a broiler pan coated with cooking spray; broil 6 to 8 minutes on each side or until desired degree of doneness.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:0.44, Inflammation Score:-9, Nutrition Score:18.728695548099%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 204.68kcal (10.23%), Fat: 9.14g (14.07%), Saturated Fat: 2.92g (18.23%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 3.09g (1.12%), Sugar: 0.73g (0.81%), Cholesterol: 75.98mg (25.33%), Sodium: 498.12mg (21.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.7g (51.41%), Selenium: 38.27µg (54.67%), Vitamin B1: 0.8mg (53.13%), Vitamin B3: 9.48mg (47.4%), Vitamin B6: 0.9mg (44.87%), Phosphorus: 287.51mg (28.75%), Iron: 4.51mg (25.07%), Vitamin A: 999.92IU (20%), Vitamin K: 19.22µg (18.31%), Potassium: 571.26mg (16.32%), Vitamin B2: 0.25mg (14.94%), Zinc: 2.12mg (14.11%), Manganese: 0.28mg (13.95%), Magnesium: 51.97mg (12.99%), Vitamin C: 10.64mg (12.9%), Vitamin B12: 0.6µg (10.02%), Fiber: 2.42g (9.68%), Vitamin B5: 0.91mg (9.06%), Calcium: 73.88mg

(7.39%), Copper: 0.13mg (6.68%), Vitamin E: 0.9mg (5.99%), Vitamin D: 0.45µg (3.02%), Folate: 6.05µg (1.51%)