



Spiced Chops with Mango-Mint Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon chili powder
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 0.1 teaspoon ground allspice
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 1.5 cups mangos peeled finely chopped
- ☐ 16 ounce pork loin chops boneless trimmed

- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons sugar

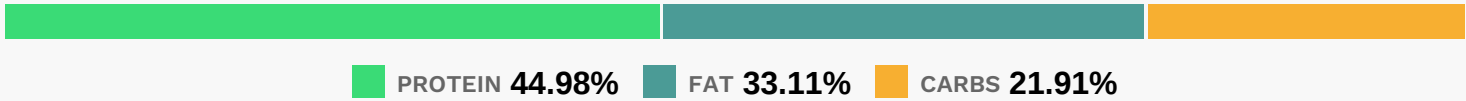
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 3 ingredients in a small bowl; sprinkle evenly over pork.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork; cook 4 minutes on each side or until done.
- ☐ Combine mango, mint, lemon rind, lemon juice, sugar, and red pepper in a medium bowl.
- ☐ Serve with pork.

Nutrition Facts



Properties

Glycemic Index:34.21, Glycemic Load:5.69, Inflammation Score:-7, Nutrition Score:17.046956632448%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg 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: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 224.86kcal (11.24%), Fat: 8.22g (12.65%), Saturated Fat: 2.86g (17.86%), Carbohydrates: 12.24g (4.08%), Net Carbohydrates: 10.82g (3.94%), Sugar: 10.61g (11.79%), Cholesterol: 75.98mg (25.33%), Sodium: 209.49mg

(9.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.13g (50.25%), Selenium: 38.03µg (54.33%), Vitamin B1: 0.78mg (51.87%), Vitamin B3: 9.58mg (47.9%), Vitamin B6: 0.91mg (45.64%), Vitamin C: 25.12mg (30.45%), Phosphorus: 268.67mg (26.87%), Vitamin A: 929.16IU (18.58%), Potassium: 555.88mg (15.88%), Vitamin B2: 0.25mg (14.46%), Zinc: 1.87mg (12.44%), Vitamin B12: 0.6µg (10.02%), Magnesium: 38.77mg (9.69%), Vitamin B5: 0.96mg (9.65%), Folate: 30.4µg (7.6%), Copper: 0.15mg (7.34%), Vitamin E: 0.9mg (6.01%), Fiber: 1.42g (5.66%), Iron: 0.89mg (4.95%), Manganese: 0.09mg (4.38%), Vitamin D: 0.45µg (3.02%), Vitamin K: 3.13µg (2.98%), Calcium: 23.55mg (2.36%)