



Spiced Pork with Plantains

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 pork chops bone-in (2 lbs. total)
- ☐ 15 oz black beans warmed canned
- ☐ 0.5 cup cilantro leaves
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon kosher salt

- ☐ 2 tablespoons brown sugar light packed
- ☐ 2 firm-ripe bananas very ripe peeled cut in half lengthwise and again crosswise (black-spotted)
- ☐ 0.5 serrano chile sliced
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 tablespoon vegetable oil

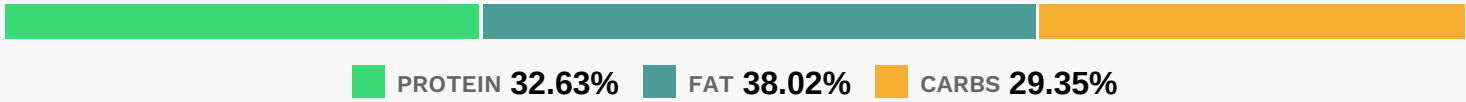
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler. Rub oil over pork and set on a broiler pan.
- ☐ Mix spices together and sprinkle evenly on both sides of meat. Broil, turning once, until browned and cooked through, about 8 minutes.
- ☐ Remove from pan and keep warm.
- ☐ Lay plantains, cut side up, on a baking sheet and sprinkle with sugar. Broil until sugar starts to caramelize and fruit starts to soften, 4 to 8 minutes.
- ☐ Serve pork chops and plantains with black beans, a dollop of sour cream, a few chile slices, and cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:35.94, Glycemic Load:6.59, Inflammation Score:-6, Nutrition Score:28.472608607748%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 522.26kcal (26.11%), Fat: 22.1g (34%), Saturated Fat: 7.2g (45.03%), Carbohydrates: 38.38g (12.79%), Net Carbohydrates: 29.16g (10.6%), Sugar: 13.57g (15.07%), Cholesterol: 125.44mg (41.81%), Sodium: 800.55mg (34.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.67g (85.33%), Selenium: 59.93µg (85.61%), Vitamin B6: 1.47mg (73.71%), Vitamin B1: 1mg (66.4%), Vitamin B3: 12.35mg (61.75%), Phosphorus: 496.56mg (49.66%), Fiber: 9.23g (36.92%), Potassium: 1170.24mg (33.44%), Vitamin B2: 0.52mg (30.62%), Manganese: 0.53mg (26.31%), Magnesium: 100.01mg (25%), Zinc: 3.75mg (24.98%), Iron: 3.57mg (19.82%), Folate: 79.16µg (19.79%), Copper: 0.38mg (18.79%), Vitamin B5: 1.66mg (16.59%), Vitamin B12: 0.93µg (15.48%), Vitamin K: 13.55µg (12.91%), Vitamin C: 9.14mg (11.07%), Calcium: 101.06mg (10.11%), Vitamin A: 290.36IU (5.81%), Vitamin D: 0.85µg (5.65%), Vitamin E: 0.67mg (4.45%)