

Mojo Pork Chops

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-curry-pork-chops-recipe>

Ingredients:

- 4 pork chops
- 1 1/4 cups orange juice
- 3/4 cup lime juice
- 1 tablespoon black pepper
- 1 1/2 teaspoons cumin
- 1 teaspoon cayenne pepper
- 1 tablespoon garlic powder
- 1 tablespoon oregano
- 3 tablespoons olive oil
- 1/2 red onion sliced thinly
- 2 cloves garlic minced
- 1/4 cup white wine

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 75 milligrams
4. Fat: 17 grams
5. Fiber: 1 grams
6. Protein: 35 grams
7. SaturatedFat: 3 grams
8. Sodium: 360 milligrams
9. Sugar: 8 grams

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