

 100%
HEALTH SCORE

Cajun Pork Chops with Kale



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



1091 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds pork chops thin-cut bone-in 6 chops
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 4 stalks celery chopped
- ☐ 3 tablespoons chili powder
- ☐ 3 cloves garlic chopped
- ☐ 1 tablespoon jalapeno hot sauce
- ☐ 6 cups kale packed chopped
- ☐ 4 servings kosher salt

- ☐ 2 cups chicken broth low-sodium
- ☐ 15 ounce no-salt-added beans white drained and rinsed canned
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 large onion white chopped

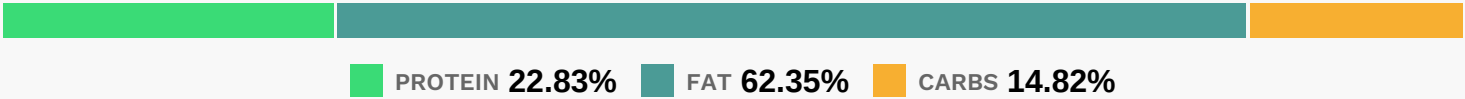
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ pot
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Preheat the broiler.
- ☐ Whisk 1 tablespoon each olive oil, chili powder and hot sauce in a bowl. Season the pork chops with 1/2 teaspoon salt. Pierce the chops all over with a fork and rub with the spice mixture on both sides; place on a rack set over a baking sheet. Set aside.
- ☐ Heat the remaining 1 tablespoon olive oil in a Dutch oven or large pot over medium-high heat.
- ☐ Add the celery, onion, garlic and the remaining 2 tablespoons chili powder. Cook, stirring, until the vegetables are translucent, about 8 minutes.
- ☐ Add the chicken broth and tomatoes to the pot. Cook, stirring occasionally, until reduced by about one-third, about 7 minutes.
- ☐ Add the beans and kale; toss to coat. Reduce the heat to medium, cover and cook until the kale is tender, about 7 minutes. (
- ☐ Add up to 1/2 cup water if the mixture looks dry.) Season with salt.
- ☐ Meanwhile, broil the pork until browned, 4 to 6 minutes. Flip; broil until cooked through, 2 more minutes.
- ☐ Serve with the kale and beans.
- ☐ Photograph by Justin Walker

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:3.3, Inflammation Score:-10, Nutrition Score:59.386956090512%

Flavonoids

Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 9.31mg, Isorhamnetin: 9.31mg, Isorhamnetin: 9.31mg, Isorhamnetin: 9.31mg Kaempferol: 15.08mg, Kaempferol: 15.08mg, Kaempferol: 15.08mg, Kaempferol: 15.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 14.92mg, Quercetin: 14.92mg, Quercetin: 14.92mg, Quercetin: 14.92mg

Nutrients (% of daily need)

Calories: 1090.8kcal (54.54%), Fat: 79.45g (122.24%), Saturated Fat: 17.5g (109.37%), Carbohydrates: 42.48g (14.16%), Net Carbohydrates: 30.5g (11.09%), Sugar: 18.71g (20.79%), Cholesterol: 117.37mg (39.12%), Sodium: 711.48mg (30.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.45g (130.9%), Vitamin B3: 29.32mg (146.61%), Vitamin K: 151.16µg (143.96%), Manganese: 2.2mg (109.87%), Vitamin A: 5342.82IU (106.86%), Vitamin B6: 2.1mg (105%), Vitamin E: 14.79mg (98.59%), Selenium: 64.64µg (92.35%), Phosphorus: 839.53mg (83.95%), Vitamin B1: 1.14mg (76.23%), Magnesium: 271.07mg (67.77%), Potassium: 1978.42mg (56.53%), Vitamin C: 46.07mg (55.84%), Vitamin B2: 0.82mg (48.13%), Fiber: 11.98g (47.93%), Copper: 0.92mg (45.86%), Zinc: 6.6mg (44.01%), Folate: 148.85µg (37.21%), Iron: 6.3mg (35%), Vitamin B5: 2.85mg (28.54%), Calcium: 253.03mg (25.3%), Vitamin B12: 1.02µg (16.99%), Vitamin D: 0.85µg (5.67%)