






 **40%**
HEALTH SCORE

Chili chops with cauliflower salad

 **Gluten Free**

READY IN

45 min.

SERVINGS

4

CALORIES

455 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 800 gr canned tomatoes italian with their juice (this means 2 cans). i used the brand ci
- 1 medium head cauliflower
- 2 Tbs cream cheese
- 1 tsp cumin
- 0.5 tsp tarragon dried
- 0.5 tsp parsley fresh chopped
- 130 g to 2 chilies slit diced green drained
- 2 Tbs juice of lemon fresh

- 0.3 cup mayonnaise
- 1 tsp cooking oil
- 1 pound pork chops boneless
- 2 Tbs bell pepper green red chopped
- 4 servings salt to taste
- 4 servings salt and pepper
- 0.3 cup swiss cheese grated

Equipment

- bowl
- frying pan
- pot

Directions

- Season chops with salt and pepper and brown them in a nonstick skillet over medium-high heat for about 2 minutes per side.
- Combine salsa, chilies and cumin in a bowl.
- Pour mixture over chops. Reduce heat to low, cover skillet and simmer chops 5 minutes or until cooked through.
- Mix cheeses in a bowl. Divide cheese mixture over chops, cover and cook 1 minute, just until cheese melts. Cauliflower salad: Cook cauliflower florets in a large pot of salted, boiling water until tender-crisp, 5 to 10 minutes.
- Drain and rinse under cold water. Or cook in MWC for 15 minutes. In a large bowl, combine mayonnaise, lemon juice and tarragon.
- Add cauliflower, jalapeno, salt and pepper.
- Mix well until cauliflower florets are evenly coated with dressing. Chill at least 30 minutes for flavors to blend. (Can be made ahead. Store in an airtight container and refrigerate up to 24 hours.)
- Sprinkle with parsley just before serving.

Nutrition Facts



■ PROTEIN 28.69% ■ FAT 49.55% ■ CARBS 21.76%

Properties

Glycemic Index:72.75, Glycemic Load:5.73, Inflammation Score:-8, Nutrition Score:35.469130434783%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Taste

Sweetness: 59.02%, Saltiness: 100%, Sourness: 76.33%, Bitterness: 55.22%, Savoriness: 66.93%, Fattiness: 73.56%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 455.42kcal (22.77%), Fat: 25.87g (39.79%), Saturated Fat: 7.89g (49.28%), Carbohydrates: 25.56g (8.52%), Net Carbohydrates: 17.64g (6.41%), Sugar: 13.29g (14.77%), Cholesterol: 97.55mg (32.52%), Sodium: 986.86mg (42.91%), Protein: 33.69g (67.38%), Vitamin C: 98.38mg (119.25%), Vitamin B6: 1.42mg (71.01%), Vitamin B1: 0.99mg (66.03%), Selenium: 43.3µg (61.85%), Vitamin B3: 12.31mg (61.57%), Vitamin K: 57.36µg (54.63%), Phosphorus: 450.55mg (45.05%), Potassium: 1488.54mg (42.53%), Manganese: 0.64mg (31.96%), Fiber: 7.92g (31.67%), Folate: 112.68µg (28.17%), Vitamin B2: 0.45mg (26.67%), Copper: 0.5mg (25.2%), Vitamin B5: 2.46mg (24.58%), Magnesium: 98.26mg (24.57%), Vitamin E: 3.58mg (23.87%), Iron: 4.24mg (23.57%), Zinc: 3.18mg (21.19%), Calcium: 203.92mg (20.39%), Vitamin B12: 0.91µg (15.09%), Vitamin A: 649.16IU (12.98%), Vitamin D: 0.48µg (3.21%)