



Curried Pork Chops and Cauliflower with Basmati Rice

READY IN



60 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apples
- 1.5 cups rice uncooked
- 0.5 cup buttermilk
- 4 cups cauliflower florets
- 2.5 teaspoons curry powder
- 2 teaspoons flour all-purpose
- 6 spring onion divided chopped
- 4 servings pepper black to taste

- 0.5 cup chicken broth low-sodium
- 1 teaspoon olive oil
- 16 ounce pork chops trimmed
- 3 cups water

Equipment

- frying pan
- sauce pan
- whisk

Directions

- Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.
- Meanwhile, place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat.
- Add the cauliflower, cover, and steam until just tender, 4 to 5 minutes depending on thickness.
- Remove from steamer and set aside.
- Season the pork chops with 1 1/2 teaspoon of curry powder, salt, and pepper.
- Heat the olive oil in a large skillet over medium-high heat. Arrange the pork chops in the skillet and cook until the pork is no longer pink in the center, about 3 minutes on each side.
- Place pork chops on a platter and cover to keep warm.
- Sprinkle the remaining 2 1/2 teaspoons of curry powder and flour into the same skillet.
- Whisk in the chicken broth, buttermilk, and apple chutney. Continue cooking until the curry has thickened. Stir in the cauliflower and half of the green onion; cook until the cauliflower is heated through.
- Place 3/4 cup of rice on each plate, and top each portion with a pork chop. Spoon curry sauce over pork chops, and sprinkle the remaining green onions to garnish.

Nutrition Facts



■ PROTEIN 26.9% ■ FAT 19.91% ■ CARBS 53.19%

Properties

Glycemic Index:75.05, Glycemic Load:35.93, Inflammation Score:-6, Nutrition Score:29.304782888164%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 503.92kcal (25.2%), Fat: 11.01g (16.94%), Saturated Fat: 3.83g (23.95%), Carbohydrates: 66.21g (22.07%), Net Carbohydrates: 62.18g (22.61%), Sugar: 4.77g (5.29%), Cholesterol: 79.28mg (26.43%), Sodium: 140.79mg (6.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.48g (66.96%), Selenium: 50.39µg (71.98%), Vitamin C: 52.09mg (63.13%), Vitamin B1: 0.89mg (59.43%), Vitamin B6: 1.16mg (58.2%), Vitamin B3: 11.31mg (56.56%), Vitamin K: 55.11µg (52.48%), Manganese: 1.02mg (51.18%), Phosphorus: 427.53mg (42.75%), Potassium: 947.36mg (27.07%), Vitamin B5: 2.33mg (23.33%), Vitamin B2: 0.39mg (22.9%), Zinc: 3.08mg (20.51%), Folate: 79.58µg (19.89%), Magnesium: 74.45mg (18.61%), Copper: 0.34mg (16.8%), Fiber: 4.02g (16.1%), Iron: 2.32mg (12.89%), Vitamin B12: 0.77µg (12.81%), Calcium: 110.37mg (11.04%), Vitamin E: 0.86mg (5.72%), Vitamin D: 0.84µg (5.62%), Vitamin A: 250.59IU (5.01%)