



Easy Pork Chops with Fig and Arugula Salad

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



1291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 ounces baby arugula
- 2 tablespoons butter cold
- 8 ounces pork chops bone-in
- 5 tablespoons olive oil extra virgin divided
- 12 figs fresh stemmed halved
- 2 servings pepper black freshly ground
- 0.5 cup chicken broth low-sodium
- 8 ounces mozzarella cheese

- 0.8 cup shallots thinly sliced
- 2 tablespoons sherry vinegar
- 0.5 cup wine

Equipment

- bowl
- frying pan
- whisk
- kitchen thermometer
- aluminum foil

Directions

- Coat the pork chops with 1 teaspoon of oil and season well with salt and pepper.
- Heat 1 tablespoon olive oil in a 10-inch skillet over high heat until lightly smoking.
- Add the pork chops and cook until first side is nicely browned, 4 to 6 minutes. Flip and continue to cook until the internal temperature registers 145°F on an instant read thermometer, about 3 minutes longer.
- Transfer to a plate and tent with foil.
- Return skillet to heat and add 1/2 cup of shallots. Cook, stirring, until softened, about 2 minutes.
- Add the broth and wine, stirring to scrape any brown bits on the bottom of the pan, and bring to a boil. Simmer until sauce is reduced to 1/2 cup, about 5 minutes.
- Remove from heat and stir in cold butter until emulsified.
- While sauce reduces, combine the arugula, mozzarella, remaining 1/4 cup of shallots, and figs.
- Combine sherry vinegar and remaining 1/4 cup live oil in a small bowl and whisk with a fork to combine. Season to taste with salt and pepper.
- Return pork chops to skillet, coat with sauce, and transfer to a plate. Dress salad (you may not need all dressing) and serve with pork.

Nutrition Facts



■ PROTEIN 17.87% ■ FAT 57.17% ■ CARBS 24.96%

Properties

Glycemic Index:123.5, Glycemic Load:34.83, Inflammation Score:-10, Nutrition Score:49.833043596019%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg Kaempferol: 24.73mg, Kaempferol: 24.73mg, Kaempferol: 24.73mg, Kaempferol: 24.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 22.05mg, Quercetin: 22.05mg, Quercetin: 22.05mg, Quercetin: 22.05mg

Nutrients (% of daily need)

Calories: 1291.08kcal (64.55%), Fat: 81.38g (125.2%), Saturated Fat: 30.08g (188.01%), Carbohydrates: 79.96g (26.65%), Net Carbohydrates: 67.26g (24.46%), Sugar: 59.17g (65.74%), Cholesterol: 195.66mg (65.22%), Sodium: 910.86mg (39.6%), Alcohol: 6.18g (100%), Alcohol %: 0.9% (100%), Protein: 57.23g (114.46%), Vitamin K: 117.12µg (111.55%), Calcium: 844.64mg (84.46%), Selenium: 58.89µg (84.14%), Phosphorus: 823.01mg (82.3%), Vitamin B6: 1.6mg (79.93%), Vitamin B1: 1.06mg (70.57%), Vitamin A: 3232.9IU (64.66%), Vitamin B3: 11.65mg (58.25%), Vitamin B12: 3.27µg (54.49%), Potassium: 1867.24mg (53.35%), Fiber: 12.7g (50.79%), Manganese: 1mg (50.12%), Vitamin B2: 0.79mg (46.53%), Vitamin E: 6.4mg (42.66%), Zinc: 6.36mg (42.37%), Magnesium: 162.75mg (40.69%), Folate: 125.89µg (31.47%), Vitamin C: 23.8mg (28.85%), Iron: 4.84mg (26.87%), Vitamin B5: 2.5mg (24.95%), Copper: 0.45mg (22.66%), Vitamin D: 0.91µg (6.05%)