



Fennel-Crusted Pork Chops with Potatoes and Shallots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons fennel seeds
- ☐ 0.5 cup parsley fresh
- ☐ 2 garlic clove finely grated
- ☐ 4 servings pepper freshly ground
- ☐ 1 teaspoon paprika smoked spanish hot
- ☐ 2 teaspoons red wine vinegar
- ☐ 2 large shallots with some root attached cut into quarters

- ☐ 3 tablespoons vegetable oil divided
- ☐ 1 pound yukon gold potatoes quartered

Equipment

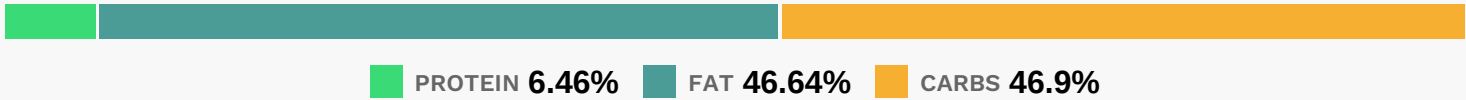
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ ziploc bags
- ☐ cutting board

Directions

- ☐ Preheat oven to 450°F. Toast fennelseeds in a small dry skillet over mediumheat, tossing often, until fragrant, about4 minutes.
- ☐ Let cool.
- ☐ Combine fennel seeds, garlic, paprika,and 2 tablespoons oil in a small bowl. Seasonpork with salt and pepper and place in aresealable plastic bag.
- ☐ Add spice mixture;seal bag and turn to coat.
- ☐ Let sit at least30 minutes.
- ☐ Heat remaining 1 tablespoon oil in a largeovenproof skillet, preferably cast iron, overmedium-high heat. Cook pork chops untilgolden brown on 1 side, about 4 minutes;turn.
- ☐ Add potatoes and shallots to skillet;season with salt and pepper and toss to coatin pan drippings. Cook, tossing potatoesand shallots occasionally, until pork is goldenbrown on second side, about 4 minutes.
- ☐ Transfer to oven and roast until potatoesare tender and an instant-read thermometerinserted into thickest part of chops registers135°F, 10–15 minutes. (If potatoes need moretime, transfer chops to a plate and continueto roast potatoes until tender; transfer chopsback to skillet when potatoes are done.)
- ☐ Remove skillet from oven and mix in parsleyand vinegar.
- ☐ Let pork chops rest 5 minutesin skillet.
- ☐ Transfer chops to a cutting board; cut meatfrom bones and slice against the grain.
- ☐ Servewith potatoes, shallots, and any pan juices.

- ☐ DO AHEAD: Pork chops can be marinated1 day ahead. Keep chilled.
- ☐ Per serving: 390 calories, 20 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:55.69, Glycemic Load:15.25, Inflammation Score:-7, Nutrition Score:14.180434771206%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 201.32kcal (10.07%), Fat: 10.78g (16.59%), Saturated Fat: 1.62g (10.13%), Carbohydrates: 24.4g (8.13%), Net Carbohydrates: 20.13g (7.32%), Sugar: 2g (2.22%), Cholesterol: 0mg (0%), Sodium: 15.3mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Vitamin K: 144.6µg (137.72%), Vitamin C: 34.27mg (41.54%), Vitamin B6: 0.42mg (21.23%), Manganese: 0.42mg (20.8%), Vitamin A: 884.56IU (17.69%), Potassium: 618.54mg (17.67%), Fiber: 4.27g (17.08%), Iron: 2.07mg (11.5%), Magnesium: 42.66mg (10.66%), Phosphorus: 91.67mg (9.17%), Copper: 0.18mg (8.91%), Folate: 34.1µg (8.53%), Vitamin B1: 0.12mg (7.91%), Vitamin B3: 1.52mg (7.58%), Vitamin E: 1.05mg (7.03%), Calcium: 59.95mg (5.99%), Vitamin B5: 0.42mg (4.25%), Zinc: 0.58mg (3.89%), Vitamin B2: 0.06mg (3.65%), Selenium: 0.75µg (1.07%)