



Fennel-crusted pork chops with winter celeriac slaw



Gluten Free



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



2619 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 tsp fennel seeds dried
- ☐ 1 pinch pepper
- ☐ 6 boston butt pork shoulder
- ☐ 125 ml mayonnaise light
- ☐ 1 tbsp citrus champagne vinegar
- ☐ 1 tbsp worcestershire sauce

- ☐ 1 tbsp coarse mustard
- ☐ 1 pinch sugar
- ☐ 0.5 small celery root shredded cut into matchsticks or
- ☐ 1 large carrots shredded cut into matchsticks or
- ☐ 1 small onion diced red

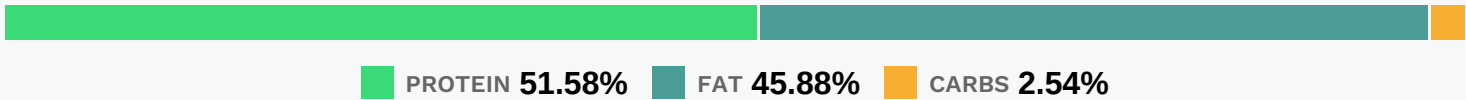
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Put the oil, fennel seeds, oregano, chilli and some seasoning on a shallow plate. Rub each pork chop on both sides in the mixture.
- ☐ Place on a baking tray and roast for 40 mins.
- ☐ Meanwhile, make the slaw.
- ☐ Put the mayonnaise, vinegar, Worcestershire sauce, mustard, sugar and a good pinch of salt and pepper in a large bowl.
- ☐ Mix well, then toss in the vegetables.
- ☐ When the pork chops are done, set aside 2 of the chops with one-third of the slaw for lunch. Divide remaining slaw between 4 plates and add a pork chop to each.

Nutrition Facts



Properties

Glycemic Index:52.73, Glycemic Load:3.43, Inflammation Score:-10, Nutrition Score:66.096521709276%

Flavonoids

Apigenin: 1.96mg, Apigenin: 1.96mg, Apigenin: 1.96mg, Apigenin: 1.96mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 2619.41kcal (130.97%), Fat: 129.1g (198.61%), Saturated Fat: 42.6g (266.22%), Carbohydrates: 16.05g (5.35%), Net Carbohydrates: 13.24g (4.82%), Sugar: 5.1g (5.67%), Cholesterol: 1116.81mg (372.27%), Sodium: 1698.63mg (73.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 326.53g (653.07%), Vitamin B1: 14.75mg (983.49%), Selenium: 492.44µg (703.49%), Vitamin B3: 71.82mg (359.11%), Vitamin B6: 7.09mg (354.31%), Zinc: 52.55mg (350.33%), Phosphorus: 3474.38mg (347.44%), Vitamin B2: 5.29mg (311.09%), Vitamin B12: 13.94µg (232.37%), Potassium: 6060.7mg (173.16%), Vitamin B5: 14.04mg (140.41%), Iron: 21.39mg (118.83%), Magnesium: 374.78mg (93.69%), Copper: 1.71mg (85.43%), Vitamin A: 3142.04IU (62.84%), Vitamin K: 53.92µg (51.35%), Calcium: 294.58mg (29.46%), Vitamin C: 23.57mg (28.57%), Folate: 99.93µg (24.98%), Manganese: 0.44mg (22.06%), Fiber: 2.8g (11.21%), Vitamin E: 1.59mg (10.63%)