



Garam Masala Pork Chops with Mint Yogurt and Spiced Couscous

READY IN



45 min.

SERVINGS



4

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon ground pepper
- 1.3 cup chicken broth
- 0.7 cup couscous
- 10 mint leaves fresh
- 4 tbsp garam masala
- 1 tsp ground cumin
- 24 oz pork loin chops lean
- 1 optional: lemon

- 2 tablespoons olive oil
- 4 tsp raisins
- 4 servings salt to taste
- 2 tsp sesame seed
- 0.5 cup greek yogurt greek style

Equipment

- sauce pan
- grill
- aluminum foil
- broiler

Directions

- Chops: Trim pork chops of excess fat. Rub garam masala into chops (both sides).
- Place on a plate, cover and refrigerate for 6–8 hours, to allow flavors to penetrate. Chop the mint and stir into the yogurt and refrigerate for the same period as the pork chops. Preheat broiler. Spray broiler rack with nonstick cooking spray. Broil chops for about 5 minutes each side. Alternately, grill chops over direct heat until well marked on both sides, move to indirect heat, cover loosely in foil, and cook until internal temp reaches 145F.
- Remove from heat and allow to rest 3 minutes.
- Serve with mint yogurt. Note: *Garam Masala is available in specialty stores and many larger grocery stores. Spiced Couscous: In a medium saucepan bring the broth, raisins, olive oil, cumin, cayenne and salt to a boil. Stir in the couscous, bring back to a boil, cover and remove from the heat. Set aside for 5 minutes. Juice the lemon and stir into the couscous with the sesame seeds.
- Serve.

Nutrition Facts

PROTEIN 41.1% FAT 29.33% CARBS 29.57%

Properties

Glycemic Index:55.33, Glycemic Load:16.27, Inflammation Score:-7, Nutrition Score:27.412608695652%

Flavonoids

Eriodictyol: 6.54mg, Eriodictyol: 6.54mg, Eriodictyol: 6.54mg, Eriodictyol: 6.54mg Hesperetin: 7.79mg, Hesperetin: 7.79mg, Hesperetin: 7.79mg, Hesperetin: 7.79mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Taste

Sweetness: 20.13%, Saltiness: 100%, Sourness: 39.67%, Bitterness: 33.8%, Savoriness: 74.08%, Fattiness: 75.12%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 461.22kcal (23.06%), Fat: 14.81g (22.79%), Saturated Fat: 3.24g (20.22%), Carbohydrates: 33.6g (11.2%), Net Carbohydrates: 29.46g (10.71%), Sugar: 1.97g (2.19%), Cholesterol: 115.08mg (38.36%), Sodium: 587.1mg (25.53%), Protein: 46.71g (93.41%), Selenium: 62.09µg (88.7%), Vitamin B1: 1.28mg (85.42%), Vitamin B3: 15.59mg (77.95%), Vitamin B6: 1.41mg (70.42%), Phosphorus: 506.47mg (50.65%), Vitamin B2: 0.5mg (29.34%), Potassium: 886.54mg (25.33%), Zinc: 3.32mg (22.11%), Vitamin C: 16.36mg (19.84%), Manganese: 0.39mg (19.71%), Magnesium: 75.03mg (18.76%), Vitamin B5: 1.78mg (17.8%), Vitamin B12: 1.06µg (17.64%), Fiber: 4.14g (16.57%), Copper: 0.27mg (13.36%), Vitamin A: 641.27IU (12.83%), Iron: 2.28mg (12.69%), Vitamin E: 1.7mg (11.3%), Calcium: 77.23mg (7.72%), Vitamin K: 5.24µg (4.99%), Folate: 15.83µg (3.96%), Vitamin D: 0.51µg (3.4%)