



Glazed Pork Chop Supper

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp planters almonds toasted sliced
- 3 Tbsp apricot preserves
- 0.3 tsp pepper black
- 0.5 lb pork chops boneless trimmed well
- 1 bell pepper red cut into strips
- 2 Tbsp roasted pepper dressing red italian kraft
- 0.5 tsp thyme leaves dried
- 0.5 cup couscous whole wheat uncooked

1 zucchini sliced

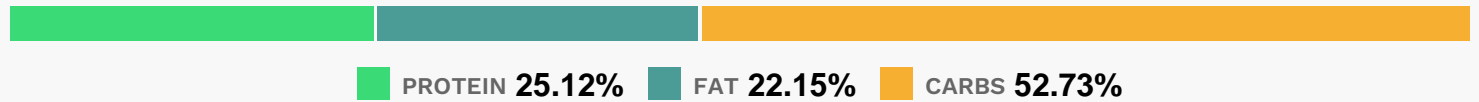
Equipment

frying pan

Directions

- Sprinkle chops with thyme and black pepper.
- Heat dressing in large nonstick skillet on medium heat.
- Add zucchini and red peppers; stir-fry 2 min. Push vegetables to edge of skillet.
- Place chops in center of skillet; cook on medium-low heat 4 min. Turn chops. Stir vegetables; cook 4 to 5 min. or until chops are done (145F).
- Meanwhile, cook couscous as directed on package. Stir in nuts; spoon onto 2 serving plates.
- Remove chops from skillet, reserving vegetables in skillet; place chops over couscous mixture. Cover to keep warm.
- Add preserves to vegetables in skillet; cook on medium-high heat 3 min. or until preserves are melted and vegetables are evenly glazed, stirring constantly. Spoon over chops.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:1.19, Inflammation Score:-9, Nutrition Score:29.534347492716%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 559.8kcal (27.99%), Fat: 14.5g (22.31%), Saturated Fat: 3.29g (20.56%), Carbohydrates: 77.67g (25.89%), Net Carbohydrates: 68.64g (24.96%), Sugar: 19.44g (21.6%), Cholesterol: 75.98mg (25.33%), Sodium: 279.16mg (12.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37g (73.99%), Vitamin C: 103.53mg (125.5%), Vitamin B6: 1.2mg (60.18%), Vitamin B1: 0.86mg (57.14%), Selenium: 38.86µg (55.51%), Vitamin B3: 10.54mg (52.72%), Vitamin A: 2212.81IU (44.26%), Phosphorus: 361.55mg (36.16%), Fiber: 9.03g (36.1%), Vitamin B2: 0.48mg (28.17%), Manganese: 0.55mg (27.38%), Potassium: 926.82mg (26.48%), Vitamin E: 3.81mg (25.38%), Magnesium: 84.84mg (21.21%), Iron: 3.75mg (20.83%), Zinc: 2.58mg (17.22%), Folate: 58.09µg (14.52%), Copper: 0.28mg (14.11%), Vitamin B5: 1.28mg (12.76%), Vitamin B12: 0.6µg (10.02%), Calcium: 89.36mg (8.94%), Vitamin K: 7.54µg (7.18%), Vitamin D: 0.45µg (3.02%)