

What She Ate

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health-score 62%

HEALTH SCORE

Grilled Veal or Pork Chops with Marsala Fig Sauce, Lemon-Ricotta Orzo, Celery and Mushroom Salad

Very Healthy

READY IN

ready

48 min.

SERVINGS

servings

4

CALORIES

calories

1209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pork chops bone-in
- ☐ 1 heart celery thinly sliced
- ☐ 16 figs dried coarsely chopped
- ☐ 2 teaspoons fennel seeds
- ☐ 1 handful flat parsley finely chopped
- ☐ 1 cup flat leaf parsley leaves

- ☐ 4 sprigs thyme leaves fresh
- ☐ 6 teaspoons grill seasoning
- ☐ 2 teaspoons ground coriander
- ☐ 4 servings coarsely ground pepper black
- ☐ 2 lemon zest divided
- ☐ 0.7 cup marsala wine
- ☐ 6 tablespoons olive oil extra-virgin divided
- ☐ 0.5 pound orzo pasta
- ☐ 4 servings parmigiano reggiano for shaving
- ☐ 1 box peas frozen
- ☐ 4 large portabella mushroom caps thinly sliced
- ☐ 1.5 cups ricotta cheese
- ☐ 4 servings salt

Equipment

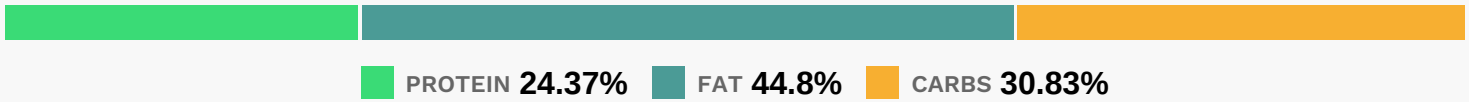
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ grill

Directions

- ☐ Heat the water to a boil for pasta. Season the water with salt and cook pasta to al dente. Heads up: you will need to add 1 box of peas the last minute of cooking time to the water.
- ☐ Pat chops dry.
- ☐ Mix the grill seasoning, seeds and coriander and rub the mixture into the chops.
- ☐ Preheat oven to 375 degrees F.
- ☐ In a small pot over medium low heat combine the figs, Marsala and thyme. Season with some black pepper and gently reduce 15 minutes.

- ☐ Heat about 2 tablespoons of oil in a skillet over medium-high heat. When oil smokes, sear chops 2 minutes on each side and transfer to oven for 10 minutes.
- ☐ Slice the celery and mushrooms and combine with parsley.
- ☐ In a pasta bowl, combine the zest of 2 lemons with ricotta cheese, salt and pepper.
- ☐ Dress the celery and mushrooms with the juice of 2 lemons and 1/4 cup oil, season with salt and pepper and top with lots of shaved Parmesan.
- ☐ Add peas to orzo, cook 1 minute.
- ☐ Drain the orzo and peas and add to the lemon ricotta. Toss to combine and adjust salt and pepper, to taste.
- ☐ Serve chops with figs on top and ricotta orzo and celery and mushroom salad along side.

Nutrition Facts



Properties

Glycemic Index:86.08, Glycemic Load:26.42, Inflammation Score:-10, Nutrition Score:55.762608901314%

Flavonoids

Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg Catechin: 3.95mg, Catechin: 3.95mg, Catechin: 3.95mg, Catechin: 3.95mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Apigenin: 34.8mg, Apigenin: 34.8mg, Apigenin: 34.8mg, Apigenin: 34.8mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 1208.91kcal (60.45%), Fat: 58.58g (90.12%), Saturated Fat: 21.06g (131.62%), Carbohydrates: 90.71g (30.24%), Net Carbohydrates: 78.28g (28.46%), Sugar: 27.07g (30.08%), Cholesterol: 184.79mg (61.6%), Sodium: 886.77mg (38.56%), Alcohol: 6.12g (100%), Alcohol %: 1.23% (100%), Protein: 71.69g (143.38%), Vitamin K: 326.55µg (311%), Selenium: 131.22µg (187.46%), Phosphorus: 1036.61mg (103.66%), Vitamin B3: 18.35mg (91.76%), Vitamin B6: 1.68mg (84.15%), Vitamin B1: 1.2mg (80.2%), Calcium: 751.05mg (75.1%), Manganese: 1.46mg (73.03%), Vitamin C: 56.72mg (68.76%), Vitamin A: 2729.19IU (54.58%), Vitamin B2: 0.91mg (53.7%), Zinc: 7.66mg (51.07%), Potassium: 1744.32mg (49.84%), Fiber: 12.43g (49.72%), Copper: 0.86mg (42.9%), Magnesium: 169.92mg (42.48%), Iron: 7.2mg (40.03%), Folate: 129.1µg (32.27%), Vitamin B5: 3.06mg (30.59%), Vitamin B12: 1.62µg (26.94%), Vitamin E: 3.88mg

(25.85%), Vitamin D: 1.44µg (9.57%)