



Herb & lemon pork chops



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 pork loin chops
- ☐ 3 garlic clove crushed
- ☐ 1 small handful parsley chopped
- ☐ 0.5 tsp fennel seeds roughly chopped
- ☐ 1 lemon zest quartered
- ☐ 3 tbsp olive oil
- ☐ 6 bay leaves

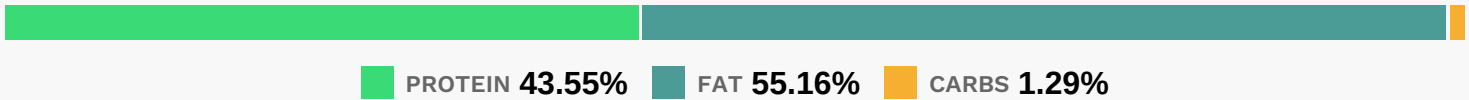
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Sit the chops in a dish.
- ☐ Mix together the garlic, parsley, fennel seeds, lemon zest and juice, oil and bay, then rub all over the chops. Leave the chops to marinate for at least an hour, or up to a day.
- ☐ Heat a barbecue, frying pan or griddle pan. Season the chops, then cook for 5–8 mins on each side until cooked through (if cooking in batches, wrap the cooked chops in foil while you finish the rest).
- ☐ Add the lemon quarters for the last min to char, then serve alongside the pork.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:16.417391371468%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 273.41kcal (13.67%), Fat: 16.35g (25.15%), Saturated Fat: 4.25g (26.59%), Carbohydrates: 0.86g (0.29%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.06g (0.07%), Cholesterol: 89.78mg (29.93%), Sodium: 65.32mg (2.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.04g (58.08%), Selenium: 44.58µg (63.68%), Vitamin B1: 0.9mg (59.91%), Vitamin B3: 10.74mg (53.7%), Vitamin B6: 1mg (49.81%), Phosphorus: 306.57mg (30.66%), Vitamin B2: 0.25mg (14.82%), Potassium: 514.55mg (14.7%), Vitamin K: 15.17µg (14.45%), Zinc: 2.11mg (14.09%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 0.99mg (9.89%), Magnesium: 36.46mg (9.11%), Vitamin E: 1.19mg (7.94%), Iron: 0.86mg (4.77%), Copper: 0.08mg (4.18%), Vitamin D: 0.54µg (3.57%), Vitamin C: 2.73mg (3.3%), Manganese: 0.05mg (2.73%), Calcium: 17.25mg (1.73%), Vitamin A: 68.57IU (1.37%), Fiber: 0.25g (1.01%)