



WHATSheATE



HEALTH SCORE

95%

Lemon Pork Chops with Quinoa Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



3154 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup dry-roasted almonds chopped
- ☐ 0.3 cup flat-leaf parsley leaves fresh loosely packed
- ☐ 1 garlic clove sliced
- ☐ 1.8 teaspoons kosher salt divided
- ☐ 6 servings lemon-garlic vinaigrette
- ☐ 2 tablespoons lemon-herb seasoning
- ☐ 6 tablespoons olive oil divided
- ☐ 24 lb center-cut pork rib chops bone-in ()

- ☐ 1.5 cups quinoa uncooked
- ☐ 8 oz sugar snap peas fresh

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Rub pork chops with herb seasoning and 1 tsp. kosher salt. Sear half of pork in 2 1/2 Tbsp. hot olive oil in a large skillet over medium-high heat 4 to 5 minutes on each side or until browned and cooked through. Keep pork warm on a wire rack in a 200 oven. Repeat procedure with 2 1/2 Tbsp. olive oil and remaining pork. Wipe skillet clean.
- ☐ Bring quinoa, 1/2 tsp. kosher salt, and 4 cups water to a boil in large saucepan over high heat. Cover, reduce heat to medium-low, and simmer 8 to 10 minutes or until tender; drain. Return to saucepan; cover.
- ☐ Let stand 10 minutes.
- ☐ Cut sugar snap peas in half crosswise.
- ☐ Heat remaining 1 Tbsp. olive oil in skillet over medium-high heat; cook peas in hot oil 1 minute or until bright green and tender.
- ☐ Sprinkle with remaining 1/4 tsp. salt.
- ☐ Add garlic; saut 1 minute.
- ☐ Remove from heat.
- ☐ Fluff quinoa with a fork.
- ☐ Add quinoa and Lemon-Garlic Vinaigrette to sugar snap pea mixture, and toss to coat. Stir in parsley and almonds.
- ☐ Serve with pork.

Nutrition Facts



 **PROTEIN 52.51%**  **FAT 43.06%**  **CARBS 4.43%**

Properties

Glycemic Index:19.92, Glycemic Load:0.44, Inflammation Score:-10, Nutrition Score:69.165652648262%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 3153.99kcal (157.7%), Fat: 145.79g (224.3%), Saturated Fat: 47.22g (295.1%), Carbohydrates: 33.76g (11.25%), Net Carbohydrates: 28.46g (10.35%), Sugar: 2.04g (2.27%), Cholesterol: 1215.63mg (405.21%), Sodium: 1581.2mg (68.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 400g (799.99%), Selenium: 605.22µg (864.6%), Vitamin B1: 12.33mg (821.99%), Vitamin B3: 146.78mg (733.91%), Vitamin B6: 13.49mg (674.48%), Phosphorus: 4344.4mg (434.44%), Vitamin B2: 3.54mg (208.42%), Potassium: 7179.09mg (205.12%), Zinc: 29.79mg (198.58%), Vitamin B12: 9.62µg (160.27%), Magnesium: 581.45mg (145.36%), Vitamin B5: 13.95mg (139.47%), Manganese: 1.49mg (74.3%), Vitamin K: 75.83µg (72.22%), Iron: 12.43mg (69.08%), Copper: 1.36mg (67.98%), Vitamin D: 7.26µg (48.38%), Vitamin E: 5.92mg (39.49%), Vitamin C: 30.98mg (37.55%), Folate: 106.33µg (26.58%), Fiber: 5.31g (21.22%), Calcium: 183.6mg (18.36%), Vitamin A: 782.73IU (15.65%)