



Lemon & rosemary pork with chickpea salad



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 2 tsp rosemary finely chopped
- ☐ 4 cloves garlic crushed
- ☐ 0.5 juice of lemon
- ☐ 4 pork steaks boneless trimmed of fat
- ☐ 1 onion red finely sliced
- ☐ 2 tbsp sherry vinegar
- ☐ 800 g chickpeas rinsed drained canned

☐ 110 g the salad mixed

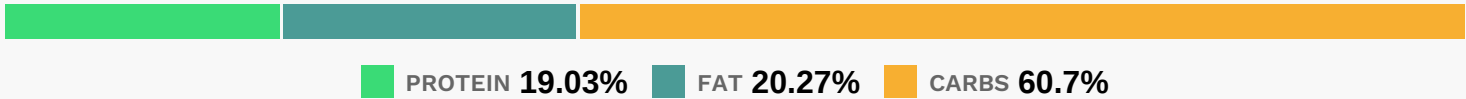
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix olive oil, rosemary, garlic, lemon juice and zest in a large bowl.
- ☐ Add pork, turn to coat and season well. If you have time marinate in the fridge for 30 mins.
- ☐ Heat a large non-stick frying pan. Lift the pork out of the marinade, shaking off any excess and reserving the marinade for later. Cook the pork in the pan for 3-4 mins each side or until cooked through. Rest on a plate while you make the salad.
- ☐ Pour the reserved marinade into the pan with the onion. Cook for 1 min over a high heat before adding the vinegar, plus 3 tbsp water. Bubble down for 1 min, until the onion has softened a little and the dressing thickened slightly. Stir through chickpeas, some salt and pepper and any of the resting juices from the pork. Put salad leaves into a bowl, tip in the pan contents and gently toss, before eating immediately with the pork.

Nutrition Facts



Properties

Glycemic Index:38.19, Glycemic Load:11.14, Inflammation Score:-8, Nutrition Score:24.232173564965%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 384.36kcal (19.22%), Fat: 8.9g (13.69%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 59.95g (19.98%), Net Carbohydrates: 43.95g (15.98%), Sugar: 10.89g (12.1%), Cholesterol: 0.6mg (0.2%), Sodium: 24.41mg (1.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.79g (37.58%), Manganese: 2.2mg (110.06%), Folate: 362.08µg (90.52%), Fiber: 16g (63.99%), Copper: 0.74mg (37.16%), Phosphorus: 362.63mg (36.26%), Iron: 6.31mg (35.03%), Magnesium: 104.59mg (26.15%), Zinc: 3.26mg (21.71%), Potassium: 697.4mg (19.93%), Vitamin B6: 0.39mg (19.38%), Vitamin B1: 0.27mg (17.9%), Vitamin C: 13.81mg (16.74%), Calcium: 121.86mg (12.19%), Selenium: 8.39µg (11.98%), Vitamin K: 10.27µg (9.78%), Vitamin B2: 0.16mg (9.26%), Vitamin E: 1.22mg (8.13%), Vitamin A: 386.21IU (7.72%), Vitamin B5: 0.68mg (6.77%), Vitamin B3: 1.31mg (6.55%)