



Lima Beans and Pork Chops

READY IN



35 min.

SERVINGS



6

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 cups bread crumbs toasted fine
- ☐ 1 teaspoon mustard dry
- ☐ 1 tablespoon flat-leaf parsley fresh plus more for garnish chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 cups lima beans *soaked overnight fresh green
- ☐ 2 tablespoons onion finely chopped
- ☐ 6 pork chops
- ☐ 2 teaspoons salt

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 2 teaspoons sugar
- ☐ 2 teaspoons summer savory fresh chopped
- ☐ 2 tablespoons butter unsalted

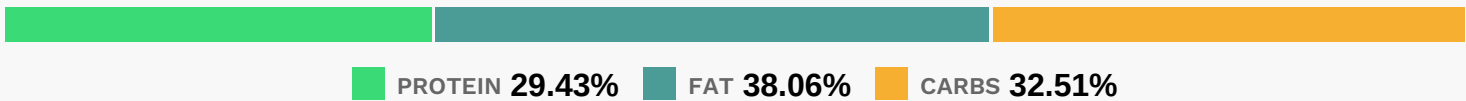
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Cook lima beans in salted water until almost tender, and reserved 1/2 cup of the cooking liquid.
- ☐ Pour the lima beans into a large flat baking dish with the reserved liquid. Stir in the salt, pepper, sugar, mustard, parsley, savory, thyme, and chopped onion.
- ☐ Mix well.
- ☐ Heat the butter in a large skillet over medium-high heat.
- ☐ Add the chops and cook, turning once, until well browned.
- ☐ Place the chops on top of the beans.
- ☐ Mix bread crumbs with sour cream.
- ☐ Spread over chops. Cover dish and bake for 8 minutes. Uncover the chops and continue baking, until lightly browned, about 8 minutes more.
- ☐ Arrange the chops on a bed of the lima beans on a large platter and sprinkle with parsley.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:39.6, Glycemic Load:3.82, Inflammation Score:-8, Nutrition Score:29.33652149076%

Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 545.71kcal (27.29%), Fat: 22.92g (35.26%), Saturated Fat: 10.11g (63.2%), Carbohydrates: 44.06g (14.69%), Net Carbohydrates: 37g (13.45%), Sugar: 6.86g (7.62%), Cholesterol: 122.43mg (40.81%), Sodium: 1117.73mg (48.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.87g (79.74%), Vitamin B1: 1.36mg (90.85%), Selenium: 58.52µg (83.61%), Vitamin B3: 13.51mg (67.53%), Vitamin B6: 1.17mg (58.6%), Phosphorus: 469.7mg (46.97%), Manganese: 0.84mg (41.89%), Vitamin B2: 0.5mg (29.4%), Fiber: 7.05g (28.22%), Potassium: 974.73mg (27.85%), Iron: 4.79mg (26.62%), Folate: 95.52µg (23.88%), Zinc: 3.45mg (22.98%), Magnesium: 90.94mg (22.74%), Copper: 0.35mg (17.41%), Calcium: 168.02mg (16.8%), Vitamin B5: 1.59mg (15.88%), Vitamin B12: 0.92µg (15.41%), Vitamin K: 16.04µg (15.28%), Vitamin A: 534.91IU (10.7%), Vitamin C: 3.39mg (4.11%), Vitamin D: 0.61µg (4.04%), Vitamin E: 0.6mg (3.97%)