



WHATSheATE



Moroccan Carrot and Chickpea Salad with Pork Chops



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



594 kcal

SIDE DISH

Ingredients

- ☐ 4 pork chops boneless bone-in thick
- ☐ 15 oz garbanzo beans drained and rinsed canned (garbanzos)
- ☐ 2 carrots peeled very thinly sliced
- ☐ 0.3 cup flat parsley coarsely chopped
- ☐ 6 large mint leaves fresh chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 teaspoon harissa

- ☐ 1.5 teaspoons honey
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 teaspoon lemon zest
- ☐ 6 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 4 servings salt and pepper
- ☐ 0.5 serrano chiles thinly sliced

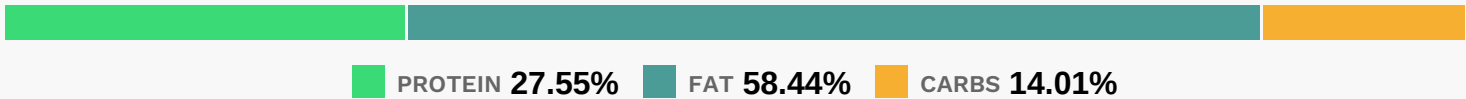
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk together lemon juice, zest, honey, harissa, and cumin in a medium bowl.
- ☐ Add 1/4 cup oil and season with salt and pepper.
- ☐ Add carrots, chickpeas, parsley, and mint and toss until well combined. Set aside.
- ☐ Season pork chops with salt and pepper.
- ☐ Heat a heavy stainless steel or cast-iron skillet, large enough to hold chops in a single layer, over medium-high heat until very hot, about 5 minutes. Swirl in remaining 2 tbsp. oil.
- ☐ Add pork chops and sear, without moving, until browned, about 3 minutes. Turn over and cook until just cooked through, 1 to 3 minutes, depending on thickness of chops.
- ☐ Spoon half of carrot and chickpea salad onto a platter. Arrange pork chops on top and spoon remaining salad over them.
- ☐ Sprinkle with chile slices.
- ☐ *North African chile-spice paste; available at well-stocked grocery stores.

Nutrition Facts



Properties

Glycemic Index:44.11, Glycemic Load:6.03, Inflammation Score:-10, Nutrition Score:34.742174003435%

Flavonoids

Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.18mg, Apigenin: 8.18mg, Apigenin: 8.18mg, Apigenin: 8.18mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 593.85kcal (29.69%), Fat: 38.55g (59.31%), Saturated Fat: 8.21g (51.33%), Carbohydrates: 20.8g (6.93%), Net Carbohydrates: 14.9g (5.42%), Sugar: 4.03g (4.48%), Cholesterol: 116.96mg (38.99%), Sodium: 623.82mg (27.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.89g (81.78%), Vitamin A: 5518.76IU (110.38%), Vitamin B6: 1.74mg (87.13%), Selenium: 59.51µg (85.01%), Vitamin K: 78.33µg (74.6%), Vitamin B1: 0.88mg (59%), Vitamin B3: 11.78mg (58.9%), Manganese: 0.96mg (47.89%), Phosphorus: 455.56mg (45.56%), Zinc: 3.88mg (25.9%), Potassium: 880.27mg (25.15%), Fiber: 5.9g (23.6%), Vitamin E: 3.5mg (23.35%), Vitamin B2: 0.37mg (21.52%), Magnesium: 79.13mg (19.78%), Iron: 3.01mg (16.74%), Vitamin B5: 1.63mg (16.28%), Copper: 0.3mg (14.99%), Vitamin B12: 0.9µg (14.97%), Vitamin C: 11.15mg (13.52%), Folate: 41.67µg (10.42%), Calcium: 91.07mg (9.11%), Vitamin D: 0.85µg (5.65%)