



Moroccan Spiced Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.8 teaspoons moroccan spice mixture divided
- 2 apples peeled chopped
- 1 tablespoon butter
- 1 cup chicken broth
- 0.5 small onion diced
- 2 pears ripe peeled chopped
- 24 ounce pork loin chops boneless
- 0.5 teaspoon salt divided

1 tablespoon vegetable oil

Equipment

frying pan

Directions

Rub 1 teaspoon Moroccan Spice

Mixture and 1/4 teaspoon salt evenly on both sides of pork chops.

Melt butter with oil in a large skillet over medium-high heat. Cook pork chops 4 minutes on each side or until done.

Remove pork chops from skillet, and keep warm.

Add onion to drippings in skillet; cook over medium-high heat, stirring occasionally, 5 minutes. Stir in apple, pear, and chicken broth. Cover, reduce heat, and cook 5 minutes or until fruit is tender. Stir in remaining 3/4 teaspoon Moroccan Spice

Mixture and 1/4 teaspoon salt; cook over medium-high heat 5 minutes.

Serve over pork chops.

Nutrition Facts



PROTEIN 39.87% **FAT 31.07%** **CARBS 29.06%**

Properties

Glycemic Index:25.19, Glycemic Load:7.49, Inflammation Score:-5, Nutrition Score:22.611738909846%

Flavonoids

Cyanidin: 3.26mg, Cyanidin: 3.26mg, Cyanidin: 3.26mg, Cyanidin: 3.26mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg Epicatechin: 10.2mg, Epicatechin: 10.2mg, Epicatechin: 10.2mg, Epicatechin: 10.2mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg

Nutrients (% of daily need)

Calories: 390.54kcal (19.53%), Fat: 13.63g (20.96%), Saturated Fat: 3.32g (20.72%), Carbohydrates: 28.68g (9.56%), Net Carbohydrates: 22.67g (8.24%), Sugar: 18.85g (20.95%), Cholesterol: 108.34mg (36.11%), Sodium: 627.69mg (27.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.34g (78.68%), Vitamin B6: 1.38mg (69.03%), Selenium: 47.58µg (67.97%), Vitamin B1: 0.8mg (53.35%), Vitamin B3: 10.24mg (51.19%), Phosphorus: 412.29mg (41.23%), Potassium: 888.82mg (25.39%), Vitamin K: 25.61µg (24.39%), Vitamin B2: 0.41mg (24.39%), Fiber: 6.01g (24.03%), Zinc: 3.3mg (22.01%), Magnesium: 62.4mg (15.6%), Vitamin B12: 0.88µg (14.71%), Vitamin B5: 1.41mg (14.05%), Manganese: 0.23mg (11.66%), Iron: 2.04mg (11.36%), Copper: 0.22mg (11.12%), Vitamin C: 8.72mg (10.57%), Vitamin E: 1.3mg (8.65%), Calcium: 62.01mg (6.2%), Vitamin A: 234.62IU (4.69%), Vitamin D: 0.68µg (4.54%), Folate: 15.77µg (3.94%)