



## Oatmeal Cookie Pork Chop

READY IN



50 min.

SERVINGS



6

CALORIES



437 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 ounce pork chops bone-in
- 0.3 pound butter room temperature
- 1 teaspoon chives chopped
- 1 teaspoon curry powder
- 2 tablespoons parsley leaves fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 3 tablespoons grapeseed oil
- 3 tablespoons apricot jelly
- 12 oatmeal cookies homemade store-bought

- 2 cups panko bread crumbs
- 6 servings salt and pepper black freshly ground
- 2 tablespoons mustard stone-ground

## Equipment

- food processor
- bowl
- frying pan
- oven
- roasting pan

## Directions

- Preheat the oven to 350 degrees F.
- Season the pork on 1 side with salt and pepper, to taste. In large heavy-bottomed pan, over high heat, add the grapeseed oil and heat until almost smoking.
- Add the pork chops, seasoned side down. Sear the chops until golden brown, 2 minutes per side.
- Remove the chops from the pan to a sheet tray or roasting pan.
- In food processor, crush the cookies until they resemble bread crumbs, not a dust. In a medium bowl, blend by hand, the butter, panko, herbs, curry and cookies until the mixture resembles a well mixed crust.
- Combine the mustard and jelly in a small bowl. Evenly coat the top of each pork chop with the mustard mixture then cover with cookie mixture.
- Roast the chops until cooked through, about 15 minutes.
- Remove the chops from the oven to a serving platter and garnish with chives.
- Let rest for 5 minutes before serving.

## Nutrition Facts



PROTEIN 6.59%  FAT 61.66%  CARBS 31.75%

## Properties

Glycemic Index:69, Glycemic Load:11.84, Inflammation Score:-8, Nutrition Score:10.057826051246%

## Flavonoids

Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 437.18kcal (21.86%), Fat: 30.16g (46.41%), Saturated Fat: 12.7g (79.38%), Carbohydrates: 34.96g (11.65%), Net Carbohydrates: 33.12g (12.05%), Sugar: 10.52g (11.69%), Cholesterol: 50.41mg (16.8%), Sodium: 405.57mg (17.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.25g (14.5%), Vitamin K: 27.64µg (26.32%), Vitamin B1: 0.35mg (23.17%), Vitamin E: 3.09mg (20.6%), Selenium: 13.22µg (18.89%), Manganese: 0.35mg (17.26%), Vitamin B3: 3.01mg (15.07%), Vitamin A: 672.74IU (13.45%), Iron: 2.18mg (12.12%), Vitamin B2: 0.2mg (11.51%), Folate: 42.87µg (10.72%), Phosphorus: 91.09mg (9.11%), Vitamin B6: 0.15mg (7.64%), Fiber: 1.83g (7.33%), Calcium: 60.33mg (6.03%), Vitamin C: 4.68mg (5.67%), Magnesium: 21.74mg (5.44%), Copper: 0.1mg (5.22%), Zinc: 0.74mg (4.97%), Potassium: 146.61mg (4.19%), Vitamin B5: 0.32mg (3.2%), Vitamin B12: 0.18µg (2.95%)