



Pan-Seared Pork Blade Chop



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



55 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons rosemary leaves fresh chopped for serving
- ☐ 4 garlic clove halved finely chopped
- ☐ 4 servings pepper freshly ground
- ☐ 1 lemon wedges seeds removed, plus lemon wedges for serving thinly sliced
- ☐ 0.5 cup olive oil

Equipment

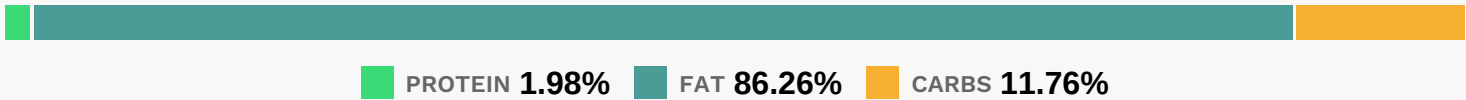
- ☐ frying pan
- ☐ baking pan

☐ cutting board

Directions

- ☐ Combine pork, lemon slices, choppedgarlic, oil, and 2 tablespoons chopped rosemary in a shallow baking dish; season with saltand pepper. Cover and chill at least 8 hours.
- ☐ Let pork sit at room temperature30 minutes before cooking.
- ☐ Heat a large skillet, preferably cast iron,over medium-high heat. Scrape marinade offpork, place pork in skillet, and immediatelyreduce heat to medium. Cook, turning aboutevery 5 minutes, until browned and an instant-readthermometer inserted into the thickestpart of chop registers 135°F, 20–25 minutes.During last 10 minutes, add head of garlic toskillet, cut sides down, and cook until golden.
- ☐ Transfer to a cutting board; let pork rest atleast 5 minutes before slicing.
- ☐ Serve with lemonwedges, cooked garlic, and rosemary sprigs.
- ☐ DO AHEAD: Pork can be marinated 1 dayahead. Keep chilled.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:0.37, Inflammation Score:-2, Nutrition Score:1.2313043449236%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 55.07kcal (2.75%), Fat: 5.49g (8.45%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 1.68g (0.56%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.14g (0.16%), Cholesterol: 0mg (0%), Sodium: 0.99mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.57%), Vitamin E: 0.79mg (5.25%), Vitamin C: 3.54mg (4.29%), Manganese: 0.07mg (3.69%), Vitamin K: 3.47µg (3.3%), Vitamin B6: 0.04mg (2.22%), Fiber: 0.36g (1.42%), Calcium: 10.27mg (1.03%), Iron: 0.18mg (1.02%)