



Panfried Pork Chops with Pomegranate and Fennel Salsa



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb fennel bulb (sometimes called anise)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons honey
- ☐ 1 cup pomegranate seeds (from 1 large pomegranate)
- ☐ 2 inch pork chops
- ☐ 0.3 teaspoon salt
- ☐ 2 spring onion finely chopped

- ☐ 1 teaspoon seasoned rice vinegar
- ☐ 3 tablespoons vegetable oil

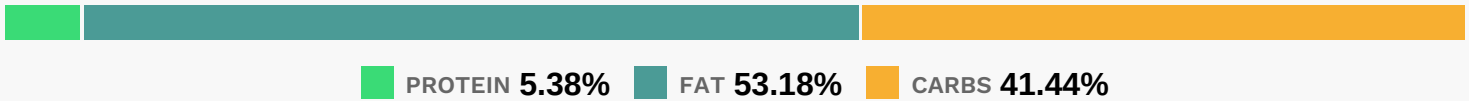
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Halve fennel bulb lengthwise and core it, then cut into 1/4-inch dice. Cook fennel in 2 tablespoons oil in a 12-inch heavy skillet over moderate heat, stirring, until tender, about 15 minutes.
- ☐ Transfer fennel to a bowl and stir in pomegranate seeds, scallions, cilantro, vinegar, honey, and salt.
- ☐ Pat pork chops dry and season with salt and pepper.
- ☐ Heat remaining tablespoon oil in skillet over moderately high heat until hot but not smoking, then sauté chops until deep golden and just cooked through, 4 to 5 minutes on each side.
- ☐ Transfer chops to plates and let stand, loosely covered, 5 minutes.
- ☐ Serve chops topped with salsa.

Nutrition Facts



Properties

Glycemic Index:69.57, Glycemic Load:7.78, Inflammation Score:-5, Nutrition Score:11.615217380469%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 174.33kcal (8.72%), Fat: 11.01g (16.94%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 13.96g (5.08%), Sugar: 13.1g (14.55%), Cholesterol: 0.85mg (0.28%), Sodium: 207.73mg (9.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.01%), Vitamin K: 112.22µg (106.87%), Vitamin C: 19.21mg (23.28%), Fiber: 5.35g (21.39%), Potassium: 594.61mg (16.99%), Manganese: 0.28mg (14.16%), Folate: 50.73µg (12.68%), Vitamin E: 1.8mg (11.98%), Phosphorus: 77.22mg (7.72%), Copper: 0.15mg (7.45%), Magnesium: 26.07mg (6.52%), Calcium: 65.12mg (6.51%), Iron: 1.08mg (6.01%), Vitamin A: 279.3IU (5.59%), Vitamin B3: 0.99mg (4.97%), Vitamin B6: 0.1mg (4.96%), Vitamin B5: 0.44mg (4.39%), Vitamin B2: 0.07mg (4.01%), Vitamin B1: 0.05mg (3.42%), Zinc: 0.43mg (2.84%), Selenium: 1.5µg (2.14%)