



 **59%**
HEALTH SCORE

Pesto-Crusted Pork Chops with Sweet-and-Sour Collards

 Dairy Free  Very Healthy

READY IN



42 min.

SERVINGS



5

CALORIES



791 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 1 tablespoon brown sugar
- 16 oz collard greens frozen chopped
- 1 garlic clove minced
- 0.5 cup golden raisins
- 6 tablespoons olive oil divided
- 1 cup panko bread crumbs (Japanese breadcrumbs)

- 7 oz pesto divided reduced-fat
- 0.3 cup pinenuts toasted
- 2 lb pork chops boneless 1-inch-thick ()
- 0.5 teaspoon pepper dried red crushed
- 1 teaspoon salt
- 0.5 cup onion sweet chopped
- 1 cup water hot

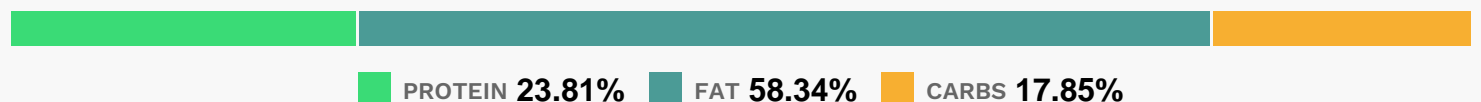
Equipment

- frying pan

Directions

- Stir together first 2 ingredients.
- Let stand 12 to 15 minutes; drain.
- Coat pork chops with half of pesto; dredge in panko, pressing gently to adhere. Cook in 1/4 cup hot oil in a large nonstick skillet over medium heat 6 to 7 minutes on each side or until done.
- Heat remaining 2 Tbsp. olive oil in skillet; add onion and garlic, and saut 3 to 4 minutes or until tender.
- Add collards, and cook 3 to 4 minutes or until tender. Stir together vinegar and next 3 ingredients; add to collards, and cook 2 minutes.
- Remove from heat. Stir in raisins and pine nuts.
- Serve pork chops with collards and remaining pesto.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:7.35, Inflammation Score:-10, Nutrition Score:45.323478367018%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 8.51mg, Kaempferol: 8.51mg, Kaempferol: 8.51mg, Kaempferol: 8.51mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 791.04kcal (39.55%), Fat: 51.53g (79.28%), Saturated Fat: 9.97g (62.29%), Carbohydrates: 35.47g (11.82%), Net Carbohydrates: 29.53g (10.74%), Sugar: 16.39g (18.22%), Cholesterol: 124.74mg (41.58%), Sodium: 1039.43mg (45.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.33g (94.66%), Vitamin K: 412.97µg (393.31%), Vitamin A: 5422.68IU (108.45%), Vitamin B1: 1.42mg (94.49%), Selenium: 64.66µg (92.37%), Vitamin B3: 16.57mg (82.87%), Manganese: 1.6mg (80.09%), Vitamin B6: 1.57mg (78.51%), Phosphorus: 529.31mg (52.93%), Vitamin C: 33.52mg (40.63%), Vitamin E: 5.65mg (37.68%), Folate: 137.14µg (34.28%), Calcium: 330.41mg (33.04%), Vitamin B2: 0.56mg (32.7%), Potassium: 1098.49mg (31.39%), Magnesium: 108.61mg (27.15%), Zinc: 3.86mg (25.71%), Fiber: 5.94g (23.77%), Copper: 0.37mg (18.52%), Iron: 3.19mg (17.74%), Vitamin B5: 1.7mg (17%), Vitamin B12: 1µg (16.73%), Vitamin D: 0.73µg (4.84%)