



## Pork chops with bubble 'n' leek cakes

READY IN



45 min.

SERVINGS



4

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 pork loin chops
- ☐ 1 tbsp mustard english
- ☐ 1 tbsp thyme leaves
- ☐ 1 kg potatoes diced
- ☐ 50 g butter
- ☐ 3 leeks sliced
- ☐ 4 tbsp flour plain
- ☐ 3 tbsp unrefined sunflower oil

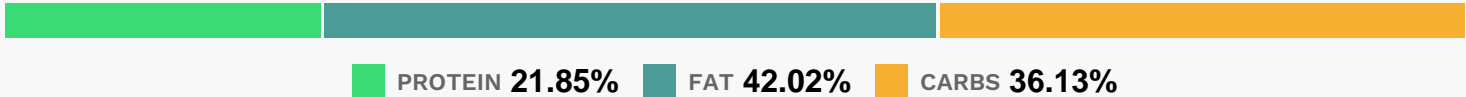
# Equipment

- ☐ frying pan
- ☐ oven

# Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Brush pork chops with mustard, press on thyme leaves and cook for 30 mins or until cooked through and golden.
- ☐ Meanwhile, boil potatoes in a large pan of salted water for 12 mins or until tender. drain, return to the pan and allow to steam for 2 mins, then mash until smooth.
- ☐ Melt butter in a large frying pan. Cook leeks until soft and melting, about 10 mins. Stir into mash with some seasoning and form into 8 cakes. Put flour onto a plate with some more seasoning then dust each potato cake in it.
- ☐ Heat oil in a non-stick frying pan and cook cakes on each side for 2 mins until golden and crisp at the edges.
- ☐ Serve immediately with pork chops.

# Nutrition Facts



# Properties

Glycemic Index:71.44, Glycemic Load:38.85, Inflammation Score:-10, Nutrition Score:36.574347755183%

# Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

# Nutrients (% of daily need)

Calories: 659.74kcal (32.99%), Fat: 30.92g (47.56%), Saturated Fat: 10.88g (68.01%), Carbohydrates: 59.8g (19.93%), Net Carbohydrates: 52.65g (19.15%), Sugar: 5.07g (5.63%), Cholesterol: 116.65mg (38.88%), Sodium: 492.1mg (21.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.16g (72.32%), Vitamin B6: 1.88mg (93.78%),

Vitamin B1: 1.19mg (79.61%), Vitamin C: 60.06mg (72.8%), Vitamin B3: 14.09mg (70.43%), Selenium: 48.44µg (69.2%), Potassium: 1694.15mg (48.4%), Phosphorus: 481.66mg (48.17%), Manganese: 0.79mg (39.71%), Vitamin E: 5.42mg (36.14%), Vitamin K: 37.59µg (35.8%), Vitamin A: 1518.6IU (30.37%), Magnesium: 115.73mg (28.93%), Fiber: 7.15g (28.6%), Iron: 4.68mg (25.99%), Folate: 97.61µg (24.4%), Vitamin B2: 0.4mg (23.38%), Copper: 0.45mg (22.28%), Zinc: 2.98mg (19.85%), Vitamin B5: 1.86mg (18.61%), Vitamin B12: 0.73µg (12.19%), Calcium: 89.97mg (9%), Vitamin D: 0.54µg (3.57%)