



## Pork Chops with Cherry Couscous

 Dairy Free

READY IN



39 min.

SERVINGS



4

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 cup cherries pitted coarsely chopped
- 1 cup couscous uncooked
- 0.3 cup dry-roasted almonds chopped
- 0.5 cup green onions sliced
- 2 tablespoons juice of lemon fresh
- 2 teaspoons lemon rind grated
- 3 tablespoons olive oil divided

- 24 ounce center-cut pork chops bone-in
- 1 teaspoon salt divided
- 0.8 cup water boiling

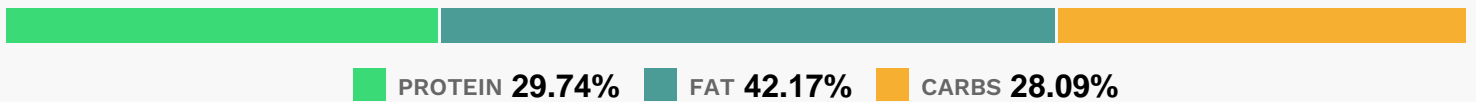
## Equipment

- bowl
- grill

## Directions

- Preheat grill to medium-high heat.
- Brush 1 tablespoon olive oil evenly over both sides of pork, and sprinkle evenly with 1/2 teaspoon salt and black pepper.
- Place pork on a grill rack coated with cooking spray, and grill 4 minutes on each side or until desired degree of doneness.
- Let pork stand for 5 minutes.
- Place couscous in a large bowl.
- Add 3/4 cup boiling water; cover and let stand for 5 minutes. Uncover and fluff with a fork. Stir in remaining 2 tablespoons oil, remaining 1/2 teaspoon salt, cherries, and remaining ingredients.
- Serve with pork.

## Nutrition Facts



## Properties

Glycemic Index:37.75, Glycemic Load:21.62, Inflammation Score:-6, Nutrition Score:28.571304445681%

## Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.73mg, Epicatechin:

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## Nutrients (% of daily need)

Calories: 620.63kcal (31.03%), Fat: 28.91g (44.48%), Saturated Fat: 6.65g (41.59%), Carbohydrates: 43.35g (14.45%), Net Carbohydrates: 38.92g (14.15%), Sugar: 5.55g (6.17%), Cholesterol: 113.97mg (37.99%), Sodium: 723.18mg (31.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.87g (91.75%), Vitamin B3: 17.03mg (85.14%), Vitamin B1: 1.24mg (82.85%), Selenium: 57.56µg (82.23%), Vitamin B6: 1.37mg (68.54%), Phosphorus: 516.11mg (51.61%), Manganese: 0.67mg (33.61%), Vitamin K: 33.13µg (31.55%), Potassium: 907.81mg (25.94%), Vitamin B2: 0.4mg (23.33%), Magnesium: 93.07mg (23.27%), Zinc: 3.43mg (22.86%), Vitamin B5: 2.04mg (20.41%), Fiber: 4.42g (17.69%), Vitamin E: 2.46mg (16.38%), Vitamin B12: 0.9µg (15.03%), Copper: 0.3mg (14.9%), Vitamin C: 8.96mg (10.86%), Iron: 1.91mg (10.63%), Folate: 31.81µg (7.95%), Calcium: 47.16mg (4.72%), Vitamin D: 0.68µg (4.54%), Vitamin A: 155.14IU (3.1%)