



## Pork Chops with Cumin and Orange

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 cups couscous
- ☐ 0.8 teaspoon cumin seed
- ☐ 2.3 cups fat-skimmed chicken broth
- ☐ 0.8 teaspoon coarse-ground pepper
- ☐ 0.5 lb cranberry-orange relish
- ☐ 4 center-cut loin pork chops thick
- ☐ 4 servings salt

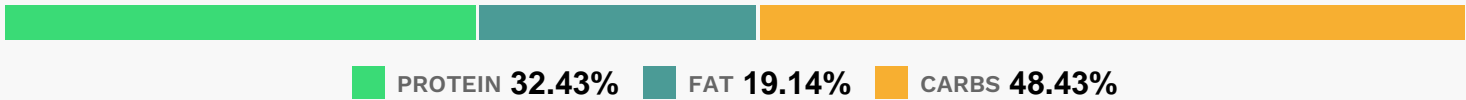
### Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin

## Directions

- ☐ Trim and discard fat from chops; wipe chops with a damp towel. Press cumin seed and pepper equally onto both sides of chops.
- ☐ Sprinkle lightly with salt.
- ☐ Place each chop between sheets of plastic wrap; with a flat mallet or rolling pin, gently pound meat to 1/4 inch thick, pounding as close to the bone as possible.
- ☐ In a 2- to 3-quart pan over high heat, bring 2 cups broth to a boil. Stir in couscous, cover tightly, and remove from heat; let stand until broth is absorbed and couscous is tender to bite, about 5 minutes.
- ☐ Meanwhile, set a 10- to 12-inch nonstick frying pan over high heat. When pan is hot, add chops, without crowding, in a single layer, and turn as needed to brown on both sides, 3 to 4 minutes total. As chops are cooked, transfer to a rimmed plate.
- ☐ Meanwhile, rinse orange; cut in half lengthwise, then cut 1 half crosswise into thin slices, discarding seeds.
- ☐ Cut remaining orange half into 4 wedges.
- ☐ Return all chops and any accumulated juices to pan.
- ☐ Add sliced orange and 1/3 cup broth; cover and simmer over low heat until meat is no longer pink in the center (cut to test), about 4 minutes.
- ☐ Spoon couscous equally onto plates. Arrange chops and orange slices alongside; drizzle pan juices evenly over meat. Accompany with orange wedges to squeeze over pork.
- ☐ Add salt to taste.

## Nutrition Facts



## Properties

Glycemic Index:36.13, Glycemic Load:32.86, Inflammation Score:-5, Nutrition Score:24.183913526328%

## Flavonoids

Hesperetin: 15.45mg, Hesperetin: 15.45mg, Hesperetin: 15.45mg, Hesperetin: 15.45mg Naringenin: 8.69mg, Naringenin: 8.69mg, Naringenin: 8.69mg, Naringenin: 8.69mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 485.92kcal (24.3%), Fat: 10.1g (15.54%), Saturated Fat: 3.38g (21.11%), Carbohydrates: 57.51g (19.17%), Net Carbohydrates: 52.78g (19.19%), Sugar: 5.51g (6.12%), Cholesterol: 89.78mg (29.93%), Sodium: 806.89mg (35.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.51g (77.02%), Vitamin B1: 1.06mg (70.73%), Vitamin B3: 13.89mg (69.44%), Selenium: 47.59µg (67.98%), Vitamin B6: 1.1mg (54.97%), Phosphorus: 438.09mg (43.81%), Vitamin C: 30.19mg (36.6%), Manganese: 0.61mg (30.25%), Potassium: 761.59mg (21.76%), Vitamin B5: 2.09mg (20.86%), Vitamin B2: 0.35mg (20.64%), Fiber: 4.74g (18.96%), Magnesium: 72.4mg (18.1%), Zinc: 2.7mg (18.03%), Vitamin B12: 0.98µg (16.25%), Copper: 0.29mg (14.72%), Iron: 1.9mg (10.55%), Folate: 31.41µg (7.85%), Calcium: 58.2mg (5.82%), Vitamin D: 0.54µg (3.57%), Vitamin A: 139.75IU (2.79%), Vitamin E: 0.29mg (1.95%)