



Pork Chops with Fava Beans (Porcu kin Ava Frisca)

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 myrtle leaves fresh crushed
- 0.3 teaspoon pepper black
- 1 cup cooking wine dry white
- 1.3 cups avarakkai / broad beans shelled ()
- 1 tablespoon basil fresh chopped
- 2 tablespoons parsley fresh chopped
- 2 teaspoons thyme leaves fresh chopped

- 4 garlic cloves crushed
- 1 tablespoon olive oil extra-virgin
- 1 cup pearl onions
- 32 ounce center-cut pork chops bone-in trimmed
- 1 teaspoon sea salt divided
- 0.8 cup water

Equipment

- frying pan

Directions

- Cook fava beans in boiling water 1 minute.
- Drain and rinse with cold water.
- Drain.
- Remove and discard tough outer skins from beans. Cook onions in boiling water 1 minute.
- Drain and rinse with cold water; drain. Pinch stem end of each onion; discard peels.
- Combine beans and onions; set aside.
- Heat oil in a large nonstick skillet over medium-high heat.
- Sprinkle pork with 1/4 teaspoon salt.
- Add pork to pan; cook 2 minutes on each side or until browned.
- Remove pork from pan. Stir in 1/4 teaspoon salt, wine, thyme, pepper, garlic, and myrtle; cook 1 minute, scraping pan to loosen browned bits. Return pork to pan. Reduce heat, and cook 4 minutes; turn pork occasionally.
- Add bean mixture, 1/2 teaspoon salt, 3/4 cup water, parsley, and basil to pan. Cover and cook 12 minutes.
- Remove pork from pan. Bring bean mixture to a boil; cook until reduced to 2 cups (about 4 minutes). Discard myrtle.
- Serve bean mixture with pork chops.

Nutrition Facts



■ PROTEIN 46.1% ■ FAT 37.63% ■ CARBS 16.27%

Properties

Glycemic Index:77.25, Glycemic Load:6.21, Inflammation Score:-9, Nutrition Score:33.207391344983%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 12.09mg, Quercetin: 12.09mg, Quercetin: 12.09mg, Quercetin: 12.09mg

Nutrients (% of daily need)

Calories: 520.63kcal (26.03%), Fat: 19.57g (30.11%), Saturated Fat: 6.11g (38.21%), Carbohydrates: 19.04g (6.35%), Net Carbohydrates: 14.83g (5.39%), Sugar: 4.1g (4.56%), Cholesterol: 151.95mg (50.65%), Sodium: 702.32mg (30.54%), Alcohol: 6.18g (100%), Alcohol %: 1.72% (100%), Protein: 53.94g (107.89%), Selenium: 77.25µg (110.35%), Vitamin B1: 1.6mg (106.87%), Vitamin B3: 18.7mg (93.5%), Vitamin B6: 1.83mg (91.53%), Phosphorus: 614.29mg (61.43%), Vitamin K: 39.25µg (37.39%), Potassium: 1150.17mg (32.86%), Vitamin B2: 0.5mg (29.57%), Zinc: 4.31mg (28.75%), Magnesium: 98.16mg (24.54%), Manganese: 0.49mg (24.29%), Vitamin B12: 1.2µg (20.03%), Vitamin B5: 1.86mg (18.65%), Folate: 71.16µg (17.79%), Fiber: 4.2g (16.81%), Copper: 0.32mg (15.95%), Iron: 2.65mg (14.73%), Vitamin C: 9.86mg (11.95%), Calcium: 70.03mg (7%), Vitamin D: 0.91µg (6.05%), Vitamin E: 0.84mg (5.63%), Vitamin A: 266.18IU (5.32%)