



Pork Chops with Fresh Green and Red Cabbage

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1.5 teaspoons caraway seeds
- 1 tablespoon cider vinegar
- 1 teaspoon coarse kosher salt
- 0.5 teaspoon fennel seeds
- 2 cups cabbage shredded green
- 4 center-cut pork chops bone-in thick

- 2 cups cabbage shredded red
- 0.3 pound bacon thick-cut

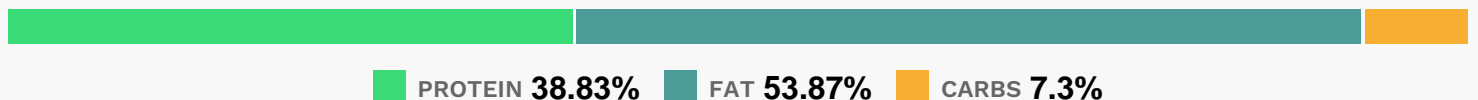
Equipment

- frying pan
- paper towels
- aluminum foil
- mortar and pestle
- slotted spoon

Directions

- Combine fennel seeds, 1 tsp. caraway seeds, salt, and pepper in a mortar (see Notes) and coarsely crush with pestle.
- Sprinkle mixture over pork chops and set chops aside.
- In a large frying pan over medium-high heat, cook bacon until browned and crisp, about 7 minutes. With a slotted spoon, transfer bacon to paper towels to drain.
- Add pork chops to pan and cook, turning once, until browned on both sides and cooked through (cut into center to check), about 8 minutes total.
- Transfer pork chops to a rimmed plate and tent with foil to keep warm.
- Add cabbage to pan and cook, stirring frequently, until cabbage is wilted, about 3 minutes. Stir in remaining 1/2 tsp. caraway seeds, the vinegar, and bacon; cook 2 minutes.
- Pile cabbage on a platter and arrange pork chops on top.
- Pour on any accumulated pork juices and serve immediately.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:1.29, Inflammation Score:-7, Nutrition Score:23.860434760218%

Flavonoids

Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg 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: 353.16kcal (17.66%), Fat: 20.81g (32.02%), Saturated Fat: 7.08g (44.27%), Carbohydrates: 6.35g (2.12%), Net Carbohydrates: 4.09g (1.49%), Sugar: 2.83g (3.15%), Cholesterol: 108.49mg (36.16%), Sodium: 852.38mg (37.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.75g (67.51%), Selenium: 50.53µg (72.18%), Vitamin B1: 1.03mg (68.4%), Vitamin B3: 12.16mg (60.79%), Vitamin B6: 1.19mg (59.46%), Vitamin C: 38.4mg (46.55%), Vitamin K: 44.01µg (41.91%), Phosphorus: 372.29mg (37.23%), Potassium: 742.86mg (21.22%), Vitamin B2: 0.32mg (18.81%), Zinc: 2.63mg (17.52%), Vitamin B12: 0.85µg (14.2%), Magnesium: 53.05mg (13.26%), Vitamin B5: 1.27mg (12.75%), Manganese: 0.24mg (11.89%), Vitamin A: 551.2IU (11.02%), Fiber: 2.26g (9.03%), Iron: 1.52mg (8.45%), Folate: 23.18µg (5.79%), Copper: 0.11mg (5.74%), Calcium: 54.67mg (5.47%), Vitamin D: 0.65µg (4.33%), Vitamin E: 0.42mg (2.79%)