



Pork Chops with Golden Purslane and Fresh Tomato Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



1536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups bay leaves divided
- ☐ 2 tablespoons canola oil
- ☐ 4 garlic clove minced
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 2 tbsp juice of lemon
- ☐ 1 tablespoon lemon zest
- ☐ 1 tablespoon oregano dried

- ☐ 0.3 tsp pepper
- ☐ 2 pork chops thick (1 in.)
- ☐ 1 serrano chiles chopped
- ☐ 1.5 pounds tomatoes red ripe chopped (2 large)
- ☐ 0.5 onion white chopped

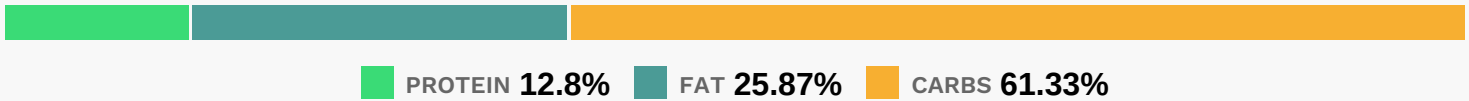
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large (not nonstick) frying pan over medium-high heat. Season pork chops on both sides with 1/4 tsp. each salt and pepper and brown on both sides, 5 minutes total.
- ☐ Transfer chops to a plate.
- ☐ Add onion and chiles to pan, reduce heat to medium, and cook, covered, until onion softens, about 10 minutes. Stir in tomatoes, garlic, and oregano and cook 5 minutes more, covered.
- ☐ Nestle pork chops into tomatoes and onion and add 1 1/2 cups purslane. Cover and cook 7 minutes, stir in remaining purslane, and cook just until slightly wilted, about 3 minutes more. Stir in lemon zest, juice, remaining 1/4 tsp. salt, and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:4.67, Inflammation Score:-10, Nutrition Score:75.275217232497%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 2.52mg, Naringenin: 2.52mg, Naringenin: 2.52mg, Naringenin: 2.52mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 1536.34kcal (76.82%), Fat: 53.88g (82.89%), Saturated Fat: 12.57g (78.55%), Carbohydrates: 287.44g (95.81%), Net Carbohydrates: 187.83g (68.3%), Sugar: 10.9g (12.11%), Cholesterol: 89.78mg (29.93%), Sodium: 747.75mg (32.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.96g (119.92%), Manganese: 29.68mg (1484.09%), Iron: 155.36mg (863.1%), Vitamin A: 24864.12IU (497.28%), Fiber: 99.61g (398.44%), Vitamin B6: 7.58mg (379.07%), Calcium: 3066.94mg (306.69%), Vitamin C: 226.61mg (274.68%), Folate: 705.27µg (176.32%), Magnesium: 511.57mg (127.89%), Vitamin B2: 1.84mg (108.31%), Zinc: 16mg (106.65%), Vitamin B3: 20.1mg (100.52%), Potassium: 3311.96mg (94.63%), Copper: 1.81mg (90.47%), Phosphorus: 809.51mg (80.95%), Selenium: 55.45µg (79.22%), Vitamin B1: 1.09mg (72.53%), Vitamin K: 53.38µg (50.83%), Vitamin E: 4.98mg (33.21%), Vitamin B5: 1.41mg (14.08%), Vitamin B12: 0.71µg (11.84%), Vitamin D: 0.54µg (3.57%)