




 **65%**
HEALTH SCORE

Pork Chops with Horseradish and Baked Turnips: Costolette al Raffano


 Very Healthy

READY IN




50 min.

SERVINGS



4

CALORIES



1171 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon peppercorns black
- 0.3 cup bread crumbs
- 3 carrots coarsely chopped
- 4 ribs celery coarsely chopped
- 3.5 pounds chicken wings
- 1 eggs
- 2 tablespoons flour all-purpose

- 0.3 cup horseradish freshly grated
- 0.3 cup olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin
- 2 onions coarsely chopped
- 0.5 cup parmigiano-reggiano freshly grated
- 1 bunch parsley stems
- 4 center-cut pork chops
- 4 servings salt and pepper
- 2 tablespoons tomato paste
- 2.5 pounds young turnips
- 2 tablespoons butter unsalted

Equipment

- frying pan
- sauce pan
- ladle
- oven
- whisk
- pot
- wooden spoon

Directions

- Season the chops with salt and pepper, to taste. Beat the egg with salt and pepper and dip each chop in the egg and then in the bread crumbs.
- In a large skillet, heat the oil over high heat and add the chops, working in batches if necessary, and cook until deep golden brown on both sides, about 10 minutes.
- Meanwhile, in a small saucepan, heat the butter over medium-low heat until it melts, then whisk in the flour, stirring constantly until it is dissolved.
- Whisk in the stock, a little at a time, then stir in the horseradish and cook for 10 minutes. Season with salt and pepper, to taste, and pour over the chops.

- In a large, heavy-bottomed saucepan, heat the oil over high heat until smoking.
- Add all the chicken parts and brown all over, stirring to avoid burning.
- Remove the chicken and reserve.
- Add the carrots, onions, and celery to the pot and cook until soft and browned. Return the chicken to the pot and add 3 quarts of water, the tomato paste, peppercorns, and parsley. Stir with a wooden spoon to dislodge the browned chicken and vegetables bits from the bottom of the pan. Bring almost to a boil, then reduce heat and cook at a low simmer until reduced by half, about 2 hours, occasionally skimming excess fat.
- Remove from heat, strain, and press on the solids with the bottom of a ladle to extract out all liquids. Stir the stock to facilitate cooling and set aside. Refrigerate stock in small containers for up to a week or freeze for up to a month.
- Preheat the oven to 450 degrees F.
- Place the turnips in a large pot and cover with water.
- Add 2 tablespoons salt, bring to a boil, and cook until tender.
- Cut the turnips into 5 pieces each and place in a casserole. Cover with the besciamella and Parmigiano. Season with salt and pepper, and bake for 30 minutes, until the besciamella is bubbling and the top is browned.
- In a medium saucepan, heat butter until melted.
- Add flour and stir until smooth. Over medium heat, cook until light golden brown, about 6 to 7 minutes.
- Meanwhile, heat milk in separate pan until just about to boil.
- Add milk to butter mixture 1 cup at a time, whisking continuously until very smooth and bring to a boil. Cook 10 minutes and remove from heat. Season with salt and nutmeg and set aside.

Nutrition Facts



Properties

Glycemic Index:106.21, Glycemic Load:15.92, Inflammation Score:-10, Nutrition Score:56.344347829404%

Flavonoids

Apigenin: 31.87mg, Apigenin: 31.87mg, Apigenin: 31.87mg, Apigenin: 31.87mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 2.15mg, Myricetin: 2.15mg, Myricetin: 2.15mg, Myricetin: 2.15mg Quercetin: 11.46mg, Quercetin: 11.46mg, Quercetin: 11.46mg, Quercetin: 11.46mg

Nutrients (% of daily need)

Calories: 1170.85kcal (58.54%), Fat: 75.23g (115.73%), Saturated Fat: 21.95g (137.21%), Carbohydrates: 42.85g (14.28%), Net Carbohydrates: 32.56g (11.84%), Sugar: 18.69g (20.77%), Cholesterol: 319.28mg (106.43%), Sodium: 1071.49mg (46.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 80.43g (160.86%), Vitamin K: 270.7µg (257.8%), Vitamin A: 9812.46IU (196.25%), Vitamin B3: 26.41mg (132.07%), Selenium: 90.25µg (128.93%), Vitamin C: 93.48mg (113.31%), Vitamin B6: 2.23mg (111.26%), Vitamin B1: 1.3mg (86.62%), Phosphorus: 852.75mg (85.28%), Potassium: 1982.38mg (56.64%), Manganese: 1.08mg (54.2%), Zinc: 6.92mg (46.15%), Vitamin B2: 0.76mg (44.7%), Fiber: 10.29g (41.16%), Vitamin B5: 3.88mg (38.78%), Calcium: 374.99mg (37.5%), Magnesium: 149.49mg (37.37%), Iron: 6.23mg (34.61%), Folate: 136.57µg (34.14%), Vitamin E: 5.07mg (33.78%), Copper: 0.59mg (29.41%), Vitamin B12: 1.68µg (27.99%), Vitamin D: 1.14µg (7.59%)