



Pork Chops with Pineapple Gravy and Mexican Couscous

READY IN



35 min.

SERVINGS



4

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup couscous dried
- 0.3 cup cooking wine dry white
- 1 tablespoon flour all-purpose
- 2 tablespoons cilantro leaves fresh finely chopped
- 5 cloves garlic finely minced
- 1 jalapeno stemmed deveined seeded finely chopped
- 4 servings kosher salt
- 4 servings kosher salt and pepper black freshly ground

- 2 tablespoons olive oil
- 0.3 cup pinenuts toasted
- 1 cup pineapple juice
- 16 ounce pork chops boneless
- 2 teaspoons rosemary finely chopped
- 2 teaspoons thyme leaves finely minced
- 1 tablespoon butter unsalted
- 1 tablespoon butter unsalted softened

Equipment

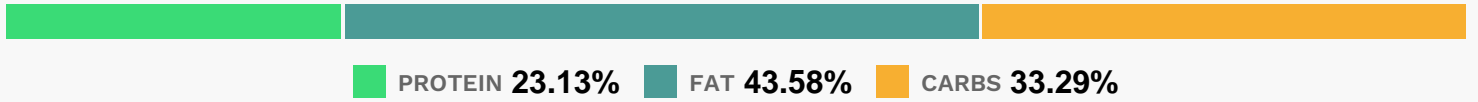
- bowl
- frying pan
- sauce pan
- whisk
- slotted spoon

Directions

- Watch how to make this recipe.
- Generously sprinkle the pork chops on both sides with salt and pepper. In a medium bowl, stir together the garlic, 2 tablespoons of the olive oil, the rosemary and thyme until combined. Rub the mixture evenly on both sides of the pork chops and let stand for 5 minutes.
- Heat the remaining 1 teaspoon oil in a large heavy skillet over medium-high heat. Sear the pork chops on each side until golden brown, about 4 minutes per side. Reduce the heat to medium, add the pineapple juice, wine and pearl onions. Cover and simmer until the pork chops are cooked through, about 8 minutes.
- Using a slotted spoon, transfer the pork chops and onions to a serving platter and cover to keep warm. In a small bowl, mash the butter and flour together with a fork until it forms a paste; whisk the paste into the simmering liquid and cook for about 1 minute, until the sauce is thickened. Taste and adjust the seasoning with salt and pepper and drizzle it over the pork chops just before serving.
- Serve with Mexican Couscous.

- In a small saucepan, bring 1 cup water and the butter to a boil over medium-high heat.
- Add the couscous, swirl the pan to evenly incorporate it, remove from the heat, cover, and let stand for 5 minutes.
- Add the cilantro, pine nuts and jalapenos to the couscous, and fluff it with a fork until evenly combined. Season with salt and transfer the couscous to a serving dish.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:110.5, Glycemic Load:25.37, Inflammation Score:-8, Nutrition Score:23.686956498934%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 569.81kcal (28.49%), Fat: 26.75g (41.15%), Saturated Fat: 7.83g (48.93%), Carbohydrates: 45.96g (15.32%), Net Carbohydrates: 42.95g (15.62%), Sugar: 6.58g (7.31%), Cholesterol: 91.03mg (30.34%), Sodium: 256.81mg (11.17%), Alcohol: 2.06g (100%), Alcohol %: 0.97% (100%), Protein: 31.93g (63.87%), Manganese: 1.52mg (76.01%), Vitamin B1: 0.92mg (61.18%), Vitamin B3: 11.28mg (56.42%), Selenium: 38.93µg (55.62%), Vitamin B6: 1.01mg (50.75%), Phosphorus: 398.34mg (39.83%), Magnesium: 82.72mg (20.68%), Potassium: 672.49mg (19.21%), Zinc: 2.84mg (18.93%), Vitamin B2: 0.3mg (17.75%), Copper: 0.35mg (17.38%), Vitamin C: 12.97mg (15.73%), Vitamin E: 2.25mg (15.02%), Vitamin B5: 1.49mg (14.86%), Fiber: 3.01g (12.05%), Iron: 2.14mg (11.9%), Vitamin K: 11.01µg (10.49%), Vitamin B12: 0.61µg (10.22%), Folate: 27.78µg (6.95%), Vitamin A: 286.05IU (5.72%), Calcium: 43.76mg (4.38%), Vitamin D: 0.56µg (3.72%)