



## Pork Chops With Pineapple Relish

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

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**530 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 pounds pork chops bone-in thin
- 2 teaspoons creamy peanut butter
- 0.5 cucumber english thinly sliced
- 2 teaspoons fish sauce
- 4 servings kosher salt and pepper freshly ground
- 1 tablespoon juice of lime fresh
- 0.5 jalape no pepper minced for less heat (remove seeds )
- 2 cups pineapple fresh chopped

- 0.5 onion red thinly sliced
- 3 tablespoons vegetable oil

## Equipment

- bowl
- frying pan
- aluminum foil

## Directions

- Soak the onion in a bowl of cold water, about 10 minutes. Meanwhile, puree 3/4 cup pineapple with the lime juice, peanut butter, fish sauce and jalapeno until smooth. Toss the cucumber and the remaining 1 1/4 cups pineapple in a bowl, then add the pureed pineapple dressing and toss to coat. Season with salt and pepper.
- Pat the pork chops dry and season with salt and pepper.
- Heat a large skillet over high heat, then add 1 tablespoon vegetable oil.
- Lay 3 chops in the pan and sear until golden on one side, about 3 minutes; flip and finish cooking, 1 to 2 more minutes.
- Transfer the chops to a plate and loosely cover with foil. Repeat with the remaining chops, adding the remaining 2 tablespoons oil as necessary.
- Drain the onion and add to the pineapple relish.
- Serve with the pork chops.
- Photograph by Antonis Achilleos

## Nutrition Facts



## Properties

Glycemic Index:32.92, Glycemic Load:6.06, Inflammation Score:-6, Nutrition Score:30.55956535754%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

## **Nutrients (% of daily need)**

Calories: 530.18kcal (26.51%), Fat: 31.6g (48.62%), Saturated Fat: 8.35g (52.2%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 13.03g (4.74%), Sugar: 9.93g (11.03%), Cholesterol: 146.71mg (48.9%), Sodium: 565.62mg (24.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.95g (91.91%), Selenium: 72.58µg (103.68%), Vitamin B6: 1.64mg (81.86%), Vitamin B3: 15.15mg (75.73%), Vitamin B1: 1.12mg (74.65%), Vitamin C: 42.64mg (51.69%), Phosphorus: 478.46mg (47.85%), Manganese: 0.91mg (45.49%), Zinc: 4.07mg (27.16%), Vitamin B2: 0.45mg (26.73%), Potassium: 931.71mg (26.62%), Vitamin K: 25.78µg (24.55%), Magnesium: 81.83mg (20.46%), Vitamin B12: 1.14µg (19.02%), Vitamin B5: 1.84mg (18.39%), Copper: 0.27mg (13.33%), Iron: 1.82mg (10.14%), Vitamin E: 1.49mg (9.96%), Fiber: 1.81g (7.26%), Vitamin D: 1.06µg (7.09%), Calcium: 64.73mg (6.47%), Folate: 25.45µg (6.36%), Vitamin A: 103.18IU (2.06%)