



 **68%**
HEALTH SCORE

Pork Chops with Roasted Kale and Walnut Pesto

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



35 min.

SERVINGS



4

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon rosemary dried with your fingers crushed
- 1 small clove garlic quartered
- 12 ounces kale
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons juice of lemon fresh
- 0.8 cup olive oil
- 4 center-cut pork chops bone-in (2 pounds total)

- 4 servings baked potato soft for serving
- 1 pinch pepper flakes red crushed
- 0.5 cup walnut halves

Equipment

- food processor
- frying pan
- baking sheet
- kitchen thermometer
- broiler
- cutting board

Directions

- Preheat the broiler. Strip the kale leaves from the tough stems and discard the stems. Toss the leaves on a rimmed baking sheet with 2 tablespoons of the olive oil and 1/4 teaspoon salt, and spread them out in an even layer. Broil the greens, stirring once or twice until they turn a brighter green with bits of charred leaves, about 4 minutes. Stir in the walnuts and broil until the walnuts are fragrant but not burned, about 2 minutes. Set aside to cool.
- Sprinkle both sides of the chops with 1/2 teaspoon salt, 1/4 teaspoon pepper and the rosemary.
- Heat 2 tablespoons of the olive oil in a large skillet over medium heat and cook, turning once, until an instant-read thermometer inserted into the thickest part registers 145 degrees F, about 12 minutes.
- Transfer to a cutting board to rest for 5 minutes. While the chops are cooking, pulse the garlic and the cooled kale and walnuts in a food processor until chopped.
- Add the pepper flakes, lemon juice, 1/4 teaspoon salt and the remaining 1/2 cup olive oil and continue to process to make a slightly chunky pesto. Adjust the consistency as desired with up to 1/4 cup water. Season to taste with salt and pepper. Top each pork chop with about 2 tablespoons of the pesto and serve with a baked potato or soft polenta.

Nutrition Facts



■ PROTEIN **28.04%** ■ FAT **50.52%** ■ CARBS **21.44%**

Properties

Glycemic Index:66.94, Glycemic Load:19.56, Inflammation Score:-10, Nutrition Score:46.601738577304%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 20.07mg, Isorhamnetin: 20.07mg, Isorhamnetin: 20.07mg, Isorhamnetin: 20.07mg Kaempferol: 41mg, Kaempferol: 41mg, Kaempferol: 41mg, Kaempferol: 41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 20.29mg, Quercetin: 20.29mg, Quercetin: 20.29mg, Quercetin: 20.29mg

Nutrients (% of daily need)

Calories: 603.78kcal (30.19%), Fat: 34.37g (52.88%), Saturated Fat: 7.28g (45.52%), Carbohydrates: 32.81g (10.94%), Net Carbohydrates: 24.97g (9.08%), Sugar: 2.43g (2.7%), Cholesterol: 116.96mg (38.99%), Sodium: 148.39mg (6.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.93g (85.86%), Vitamin K: 340.01µg (323.82%), Vitamin A: 8521.12IU (170.42%), Vitamin C: 112.32mg (136.14%), Vitamin B6: 1.84mg (92.06%), Selenium: 59.35µg (84.78%), Vitamin B1: 1.09mg (72.77%), Vitamin B3: 13.98mg (69.92%), Manganese: 1.33mg (66.39%), Phosphorus: 539.12mg (53.91%), Potassium: 1586.04mg (45.32%), Vitamin B2: 0.69mg (40.46%), Magnesium: 128.91mg (32.23%), Fiber: 7.84g (31.37%), Calcium: 283.05mg (28.31%), Zinc: 4.23mg (28.22%), Copper: 0.55mg (27.57%), Folate: 92.63µg (23.16%), Iron: 4.1mg (22.8%), Vitamin B5: 1.81mg (18.14%), Vitamin B12: 0.9µg (14.97%), Vitamin E: 2.07mg (13.81%), Vitamin D: 0.85µg (5.65%)