



Pork Chops With Smashed Potatoes and Chimichurri Sauce

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup cilantro leaves fresh
- ☐ 0.8 cup parsley fresh
- ☐ 1 clove garlic roughly chopped
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup olive oil extra-virgin plus more for brushing
- ☐ 4 servings pepper freshly ground

- ☐ 1.3 pounds pork chops boneless thin
- ☐ 1.5 pounds red-skinned potatoes
- ☐ 1 medium shallots roughly chopped

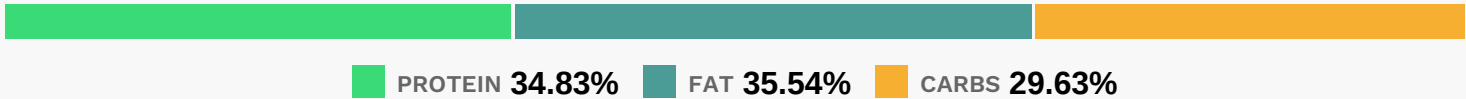
Equipment

- ☐ food processor
- ☐ pot
- ☐ grill
- ☐ grill pan

Directions

- ☐ Put the potatoes in a large pot and cover with cold water.
- ☐ Add 2 teaspoons salt, partially cover and bring to a boil over high heat. Reduce the heat and simmer until tender, about 10 minutes.
- ☐ Drain, then return the potatoes to the pot and coarsely mash with a large spoon. Cover and keep warm.
- ☐ Meanwhile, make the chimichurri sauce: Pulse the parsley, cilantro, olive oil, shallot, garlic, vinegar and 1/4 teaspoon each salt and pepper in a food processor to form a coarse paste.
- ☐ Heat a large grill pan over medium-high heat. Pat the pork chops dry and season with salt and pepper. Lightly brush the grill pan with olive oil, then grill the chops until just cooked through, about 2 minutes per side.
- ☐ Serve the pork chops and potatoes with the chimichurri sauce.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.45, Inflammation Score:-8, Nutrition Score:30.601738774258%

Flavonoids

Apigenin: 24.26mg, Apigenin: 24.26mg, Apigenin: 24.26mg, Apigenin: 24.26mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 398.55kcal (19.93%), Fat: 15.59g (23.99%), Saturated Fat: 4.3g (26.85%), Carbohydrates: 29.25g (9.75%), Net Carbohydrates: 25.66g (9.33%), Sugar: 2.82g (3.13%), Cholesterol: 94.97mg (31.66%), Sodium: 301.73mg (13.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.38g (68.75%), Vitamin K: 202.21µg (192.58%), Vitamin B1: 1.1mg (73.35%), Selenium: 47.99µg (68.56%), Vitamin B6: 1.36mg (68.2%), Vitamin B3: 13.48mg (67.38%), Phosphorus: 437.73mg (43.77%), Potassium: 1408.85mg (40.25%), Vitamin C: 31.17mg (37.78%), Vitamin A: 1168.58IU (23.37%), Magnesium: 82.66mg (20.66%), Vitamin B2: 0.33mg (19.59%), Zinc: 2.93mg (19.54%), Copper: 0.34mg (17.04%), Manganese: 0.33mg (16.4%), Vitamin B5: 1.59mg (15.91%), Iron: 2.86mg (15.91%), Fiber: 3.59g (14.35%), Folate: 51.74µg (12.94%), Vitamin B12: 0.75µg (12.52%), Vitamin E: 1.14mg (7.62%), Calcium: 49.2mg (4.92%), Vitamin D: 0.57µg (3.78%)