



Pork over Couscous with Pistachio-Lemon Vinaigrette

READY IN



28 min.

SERVINGS



4

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup couscous uncooked
- ☐ 2 teaspoons dijon mustard
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 teaspoons garlic divided minced
- ☐ 1 pint grape tomatoes
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 2 teaspoons maple syrup

- ☐ 0.3 cup olive oil extra-virgin divided
- ☐ 2 tablespoons parmigiano-reggiano cheese fresh grated
- ☐ 2 tablespoons pistachios finely
- ☐ 16 ounce center-cut loin pork chops boneless (1/)
- ☐ 0.8 teaspoon salt divided
- ☐ 1.5 cups water
- ☐ 1 tablespoon balsamic vinegar white

Equipment

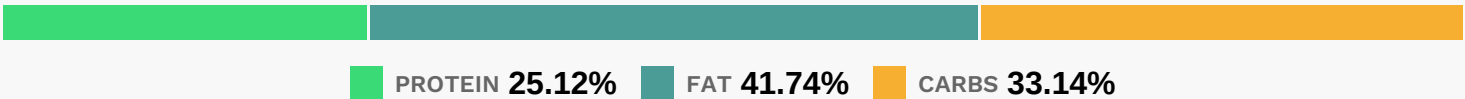
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine 3 tablespoons olive oil, pistachios, and next 5 ingredients (through mustard) in a small bowl.
- ☐ Add 1 teaspoon garlic and 1/8 teaspoon salt, stirring with a whisk.
- ☐ Bring 1 1/2 cups water to a boil in a small saucepan.
- ☐ Add 1/4 teaspoon salt and couscous. Cover, remove from heat, and let stand 5 minutes. Fluff with a fork.
- ☐ Heat a large skillet over medium-high heat. Rub pork with remaining 1 teaspoon garlic.
- ☐ Sprinkle with 1/4 teaspoon salt and pepper.
- ☐ Add 2 teaspoons oil to pan; swirl to coat.
- ☐ Add pork to pan; cook 3 minutes on each side or until done.
- ☐ Remove pork from pan; keep warm. Reduce heat to medium-low.
- ☐ Add remaining 1 teaspoon oil and tomatoes to pan; cook 5 minutes or until skins blister, shaking pan occasionally.
- ☐ Sprinkle with remaining 1/8 teaspoon salt. Stir tomatoes and parsley into couscous; divide couscous mixture evenly among 4 plates. Top each serving with 1 pork chop and about 2

tablespoons vinaigrette.

Nutrition Facts



Properties

Glycemic Index:90.13, Glycemic Load:23.1, Inflammation Score:-8, Nutrition Score:26.362174127413%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 529.26kcal (26.46%), Fat: 24.36g (37.48%), Saturated Fat: 5.36g (33.49%), Carbohydrates: 43.53g (14.51%), Net Carbohydrates: 39.27g (14.28%), Sugar: 6.33g (7.04%), Cholesterol: 77.68mg (25.89%), Sodium: 576.24mg (25.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.99g (65.99%), Vitamin K: 66.98µg (63.79%), Vitamin B1: 0.92mg (61.22%), Vitamin B3: 11.4mg (57%), Selenium: 39.44µg (56.34%), Vitamin B6: 1.06mg (52.87%), Phosphorus: 402.06mg (40.21%), Manganese: 0.67mg (33.47%), Vitamin C: 23.06mg (27.95%), Vitamin A: 1280.66IU (25.61%), Potassium: 862.28mg (24.64%), Vitamin B2: 0.33mg (19.53%), Vitamin E: 2.86mg (19.09%), Magnesium: 72.9mg (18.23%), Zinc: 2.58mg (17.18%), Fiber: 4.25g (17.02%), Copper: 0.32mg (15.93%), Vitamin B5: 1.54mg (15.36%), Iron: 1.9mg (10.56%), Vitamin B12: 0.63µg (10.52%), Folate: 34.41µg (8.6%), Calcium: 80.97mg (8.1%), Vitamin D: 0.47µg (3.11%)