



Smokey Mesquite Pork Chops with Couscous Salad

READY IN



45 min.

SERVINGS



6

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup planters almonds toasted sliced
- 6 oz take smokey mesquite bbq recipe cheese breadcrumb mix mixed fresh
- 2 cups couscous cooked
- 0.3 cup apricots dried chopped
- 2 Tbsp cranberries dried
- 0.3 cup parsley fresh chopped
- 0.3 cup honey mustard dressing kraft
- 1.5 lb pork chops boneless

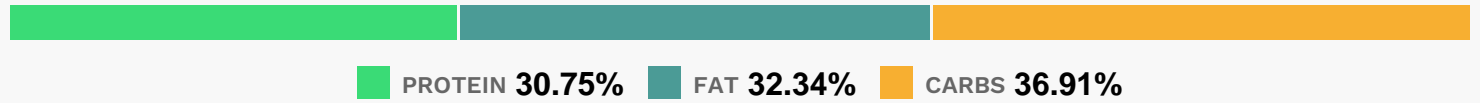
Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 375F.
- Coat chops with cheese mixture as directed on package; place on foil-covered baking sheet sprayed with cooking spray.
- Bake 25 to 30 min. or until done (150F).
- Combine remaining ingredients.
- Serve with chops.

Nutrition Facts



Properties

Glycemic Index:23.4, Glycemic Load:8.48, Inflammation Score:-5, Nutrition Score:19.154348062432%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 384.36kcal (19.22%), Fat: 13.57g (20.87%), Saturated Fat: 4.84g (30.24%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 32.36g (11.77%), Sugar: 8.84g (9.82%), Cholesterol: 84.2mg (28.07%), Sodium: 218.88mg

(9.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.03g (58.06%), Selenium: 52.24µg (74.62%), Vitamin B1: 0.8mg (53.39%), Vitamin B3: 9.91mg (49.56%), Vitamin B6: 0.87mg (43.36%), Vitamin K: 41.6µg (39.62%), Phosphorus: 291.93mg (29.19%), Potassium: 620.38mg (17.73%), Vitamin B2: 0.28mg (16.2%), Zinc: 2.07mg (13.77%), Magnesium: 47.2mg (11.8%), Iron: 2.08mg (11.54%), Vitamin B5: 1.09mg (10.85%), Vitamin E: 1.56mg (10.37%), Vitamin B12: 0.6µg (10.02%), Fiber: 2.49g (9.97%), Manganese: 0.17mg (8.47%), Vitamin A: 412.38IU (8.25%), Copper: 0.15mg (7.49%), Vitamin C: 3.67mg (4.45%), Folate: 13.88µg (3.47%), Calcium: 34.13mg (3.41%), Vitamin D: 0.45µg (3.02%)