



 **23%**
HEALTH SCORE

Spiced Kurobuta Pork Chops

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup flour
- 4 servings pomegranate
- 2 teaspoons kosher salt
- 1 teaspoon sage fresh chopped
- 1 tablespoon ground aleppo pepper
- 1 tablespoon paprika sweet
- 5 tablespoons olive oil divided
- 2 teaspoons peppercorns whole black freshly ground

- 4 pork chops bone-in thick

Equipment

- bowl
- frying pan
- oven
- kitchen thermometer

Directions

- Mix Aleppo pepper, paprika, coarse salt, ground Malabar pepper, and fresh sage in small bowl.
- Brush pork on both sides with 2 tablespoons oil.
- Sprinkle generously with all of spice mixture; press to adhere.
- Spread flour on plate. Dredge pork in flour; shake off excess.
- Heat 3 tablespoons oil in large ovenproof skillet over medium-high heat.
- Add pork and cook until brown, 3 minutes per side.
- Transfer skillet to oven and bake until instant-read thermometer inserted into center of pork registers 145°F, about 10 minutes.
- Serve pork with Braised Bacon, Pomegranate, and Pine Nut Relish.
- *Ground Aleppo pepper from Syria has a moderate heat level and tastes slightly sweet. It is available at some specialty foods stores and by mail from Surf as (310-559-4770; surfasonline.com).
- **Malabar peppercorns, from the coast of western India, are especially pungent and zesty. They are available in the spice section of some supermarkets and by mail from The Spice Hunter(800-444-3061; spicehunter.com).

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:6.17, Inflammation Score:-8, Nutrition Score:25.372173699348%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 417.97kcal (20.9%), Fat: 27.52g (42.34%), Saturated Fat: 5.85g (36.54%), Carbohydrates: 11.57g (3.86%), Net Carbohydrates: 9.35g (3.4%), Sugar: 0.5g (0.56%), Cholesterol: 89.78mg (29.93%), Sodium: 1262.1mg (54.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.74g (61.47%), Copper: 1.67mg (83.5%), Selenium: 48.52µg (69.31%), Vitamin B1: 0.99mg (66.06%), Vitamin B3: 11.76mg (58.78%), Vitamin B6: 1.06mg (53.2%), Phosphorus: 329.61mg (32.96%), Vitamin A: 1472.34IU (29.45%), Vitamin E: 4mg (26.68%), Manganese: 0.48mg (23.84%), Vitamin B2: 0.34mg (20.28%), Potassium: 624.01mg (17.83%), Vitamin K: 17.85µg (17%), Zinc: 2.35mg (15.69%), Iron: 2.25mg (12.5%), Magnesium: 47.99mg (12%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.12mg (11.16%), Fiber: 2.22g (8.88%), Folate: 21.23µg (5.31%), Vitamin D: 0.54µg (3.57%), Calcium: 35.57mg (3.56%)