



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 all purpose flour
- ☐ 4 servings braised bacon
- ☐ 2 teaspoons coarse kosher salt
- ☐ 1 teaspoon sage fresh chopped
- ☐ 1 tablespoon ground aleppo pepper
- ☐ 1 tablespoon hungarian paprika sweet
- ☐ 5 tablespoons olive oil divided
- ☐ 2 teaspoons malabar peppercorns whole black freshly ground

☐ 4 kurobuta/berkshire rib pork chops bone-in thick

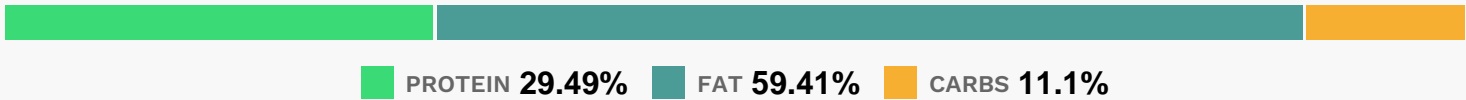
Equipment

- ☐ 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 Surfas (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: Og (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%)