



# Spicy Pork Chops with Herbed Roasted New Potatoes

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon ginger root fresh minced
- 0.8 teaspoon parsley fresh chopped
- 0.8 teaspoon rosemary fresh chopped
- 0.8 teaspoon thyme leaves fresh chopped
- 1 clove garlic minced
- 1 teaspoon ground cumin
- 4 servings salt and ground pepper black to taste

- 2 teaspoons juice of lemon
- 14 ounces new potatoes halved
- 1 tablespoon olive oil extra-virgin
- 0.8 teaspoon oregano fresh chopped
- 16 ounce pork chops

## Equipment

- bowl
- frying pan
- oven
- kitchen thermometer

## Directions

- Preheat oven to 400 degrees F (200 degrees C).
- In a bowl, stir together the garlic, cumin, ginger, cardamom seeds, lemon juice, salt, and black pepper.
- Spread the mixture on both sides of the pork chops, and refrigerate for at least 30 minutes (longer is better).
- Place the potatoes into a roasting dish, and drizzle with 1 tablespoon of olive oil; sprinkle with the oregano, thyme, rosemary, and parsley.
- Sprinkle with salt and black pepper.
- Roast the potatoes in the preheated oven until tender, 20 to 25 minutes.
- Heat 1 tablespoon of olive oil in a large heavy skillet over medium heat, and pan-fry the pork chops until browned on both sides, the meat is no longer pink inside, and the juices run clear, 8 to 10 minutes per side. An instant-read thermometer inserted into the center of a chop should read at least 145 degrees F (63 degrees C).
- Transfer the pork chops into the roasting dish with the potatoes, and bake until the thermometer reads 160 degrees F (70 degrees C), about 10 more minutes.
- Serve chops with potatoes.

## Nutrition Facts



■ PROTEIN 37.41% ■ FAT 36.65% ■ CARBS 25.94%

## Properties

Glycemic Index:61.94, Glycemic Load:12.81, Inflammation Score:-7, Nutrition Score:18.660869424758%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## Nutrients (% of daily need)

Calories: 288.71kcal (14.44%), Fat: 11.61g (17.86%), Saturated Fat: 3.31g (20.67%), Carbohydrates: 18.48g (6.16%), Net Carbohydrates: 15.98g (5.81%), Sugar: 0.88g (0.98%), Cholesterol: 75.98mg (25.33%), Sodium: 61.67mg (2.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.66g (53.32%), Vitamin B6: 1.13mg (56.75%), Vitamin B1: 0.84mg (56.14%), Selenium: 37.99µg (54.28%), Vitamin B3: 10.16mg (50.82%), Phosphorus: 317.98mg (31.8%), Vitamin C: 21.45mg (26%), Potassium: 865.9mg (24.74%), Vitamin B2: 0.25mg (14.62%), Magnesium: 56.5mg (14.12%), Zinc: 2.1mg (14%), Manganese: 0.23mg (11.43%), Vitamin B5: 1.13mg (11.33%), Iron: 1.93mg (10.7%), Fiber: 2.51g (10.04%), Vitamin B12: 0.6µg (10.02%), Copper: 0.18mg (9.23%), Vitamin K: 6.84µg (6.51%), Vitamin E: 0.75mg (5.02%), Folate: 17.63µg (4.41%), Calcium: 34.16mg (3.42%), Vitamin D: 0.45µg (3.02%)