



Walnut-Crusted Pork Chops with Autumn Vegetable Wild Rice



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bacon
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup carrots diced
- ☐ 2 cups rice wild cooked
- ☐ 1 cup cremini mushrooms sliced
- ☐ 0.5 teaspoon rubbed sage dried
- ☐ 0.3 cup flat-leaf parsley fresh chopped

- ☐ 1 garlic clove minced
- ☐ 1 cup apples i use 2 granny smith apples peeled chopped
- ☐ 2 teaspoons jalapeno diced seeded
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.3 cup lower-sodium chicken broth fat-free
- ☐ 0.5 cup lower-sodium chicken broth fat-free
- ☐ 1 cup onion finely chopped
- ☐ 32 ounce center-cut pork chops bone-in trimmed
- ☐ 1.5 cups swiss chard chopped
- ☐ 0.3 cup walnuts finely
- ☐ 1.5 teaspoons worcestershire sauce

Equipment

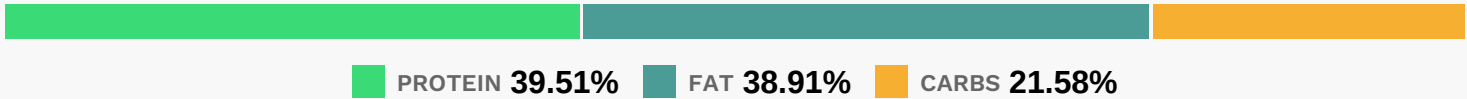
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place pork in a shallow dish; drizzle evenly with Worcestershire sauce.
- ☐ Combine salt, sage, and black pepper in a small bowl. Reserve 3/4 teaspoon salt mixture.
- ☐ Add walnuts to remaining salt mixture; toss well. Press walnut mixture onto both sides of pork. Cover and refrigerate 30 minutes.
- ☐ Cook bacon slice in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan; crumble.
- ☐ Add pork to drippings in pan; cook 1 1/2 minutes on each side or until lightly browned.
- ☐ Add 1/4 cup chicken broth to pan. Cover, reduce heat, and cook 6 minutes or until desired degree of doneness.
- ☐ Remove pork from pan.
- ☐ Heat a large saucepan over medium heat. Coat pan with cooking spray.

- ☐
- Add onion and next 3 ingredients to pan; cover and cook 5 minutes or until onion is tender. Stir in reserved 3/4 teaspoon salt mixture, chard, mushrooms, and apple. Cover and cook 5 minutes or until carrot is tender. Stir in rice and 1/2 cup broth. Bring to a simmer; cook, uncovered, 5 minutes or until liquid is absorbed. Stir in bacon.
- ☐
- Place 1 cup rice mixture on each of 4 plates; top each serving with 1 pork chop.
- ☐
- Drizzle each serving with pan drippings, and sprinkle each with 1 tablespoon parsley.

Nutrition Facts



Properties

Glycemic Index:70.96, Glycemic Load:2.85, Inflammation Score:-10, Nutrition Score:42.971739001896%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin: 9.85mg, Quercetin: 9.85mg, Quercetin: 9.85mg, Quercetin: 9.85mg

Nutrients (% of daily need)

Calories: 574.48kcal (28.72%), Fat: 24.78g (38.13%), Saturated Fat: 6.97g (43.58%), Carbohydrates: 30.93g (10.31%), Net Carbohydrates: 26.36g (9.58%), Sugar: 7.38g (8.2%), Cholesterol: 155.58mg (51.86%), Sodium: 740.82mg (32.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.63g (113.27%), Vitamin K: 178.1µg (169.62%), Selenium: 82.47µg (117.81%), Vitamin B1: 1.67mg (111.21%), Vitamin B3: 20.58mg (102.88%), Vitamin B6: 1.96mg (98.21%), Vitamin A: 3877.93IU (77.56%), Phosphorus: 675.43mg (67.54%), Potassium: 1397.37mg (39.92%), Manganese: 0.78mg (38.97%), Vitamin B2: 0.65mg (38.12%), Zinc: 5.41mg (36.04%), Magnesium: 124.32mg (31.08%), Copper: 0.54mg (27.23%), Vitamin B5: 2.3mg (22.95%), Vitamin C: 18mg (21.82%), Vitamin B12: 1.25µg (20.79%), Fiber: 4.58g (18.31%), Iron: 2.81mg (15.59%), Folate: 55.48µg (13.87%), Vitamin E: 1.13mg (7.55%), Calcium: 64.92mg (6.49%), Vitamin D: 0.95µg (6.31%)