



Balsamic-Glazed Pork Chops and Polenta

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons rosemary fresh chopped
- ☐ 2 large garlic cloves minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cup lower-sodium chicken broth fat-free
- ☐ 0.8 cup polenta uncooked
- ☐ 16 ounce center-cut pork chops boneless trimmed

☐ 2 cups milk whole

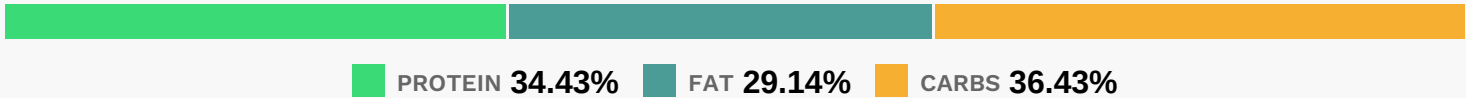
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill pan

Directions

- ☐ Bring 2 cups milk and broth to a simmer in a medium saucepan over medium heat. Gradually add polenta. Cook for 20 minutes or until thick and bubbly, stirring frequently with a whisk; remove from heat. Stir in cream cheese. Keep warm.
- ☐ Place vinegar in a small saucepan over medium-high heat. Bring to a boil, and cook until reduced by half (about 5 minutes).
- ☐ Place a grill pan over medium-high heat.
- ☐ Combine rosemary, salt, pepper, and garlic; rub mixture over pork.
- ☐ Place pork in pan; cook for 5 minutes on each side or until desired degree of doneness, basting with vinegar.
- ☐ Let stand 5 minutes before slicing.
- ☐ Serve with polenta.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:4.38, Inflammation Score:-4, Nutrition Score:18.612173794404%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 387.35kcal (19.37%), Fat: 12.15g (18.69%), Saturated Fat: 5.1g (31.87%), Carbohydrates: 34.18g (11.39%), Net Carbohydrates: 33.6g (12.22%), Sugar: 9.66g (10.74%), Cholesterol: 90.62mg (30.21%), Sodium: 362.26mg (15.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.3g (64.61%), Selenium: 45.15µg (64.5%), Vitamin B1: 0.87mg (57.78%), Vitamin B6: 0.96mg (48.05%), Vitamin B3: 9.56mg (47.79%), Phosphorus: 408.54mg (40.85%), Vitamin B2: 0.39mg (23.07%), Potassium: 803.32mg (22.95%), Vitamin B12: 1.26µg (21%), Calcium: 169.11mg (16.91%), Zinc: 2.42mg (16.14%), Vitamin B5: 1.44mg (14.37%), Magnesium: 55.89mg (13.97%), Vitamin D: 1.8µg (11.97%), Manganese: 0.13mg (6.68%), Iron: 1.09mg (6.06%), Vitamin A: 268.57IU (5.37%), Copper: 0.1mg (5.07%), Fiber: 0.58g (2.31%), Vitamin E: 0.21mg (1.41%)