



Balsamic Glazed Pork Chops with Red Pepper Grits

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 teaspoon bottled garlic minced
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons honey
- ☐ 16 ounce center-cut loin pork chops boneless (3/)
- ☐ 0.8 cup quick-cooking grits uncooked

- ☐ 7 ounce roasted bell pepper diced red drained
- ☐ 0.8 teaspoon salt divided
- ☐ 3 cups water

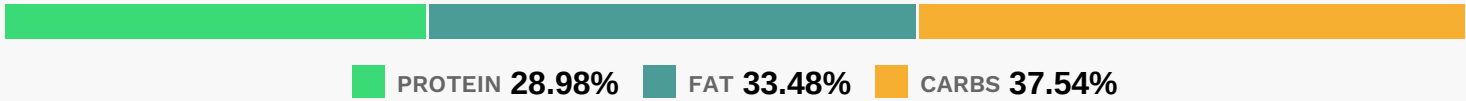
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Bring water and 1/2 teaspoon salt to a boil.
- ☐ Add grits, butter, and garlic, stirring with a whisk. Reduce heat and simmer, uncovered, for 5 minutes.
- ☐ Remove from heat; stir in red pepper.
- ☐ While grits cook, heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Sprinkle pork with 1/4 teaspoon salt and black pepper.
- ☐ Add pork to pan; cook 4 minutes on each side or until done.
- ☐ Remove from pan. Stir in vinegar and honey, scraping pan to loosen browned bits. Bring to a boil; cook 1 minute or until thick, stirring constantly with a whisk. Return pork to pan; turn to coat.
- ☐ Serve pork and sauce over grits.

Nutrition Facts



Properties

Glycemic Index:53.57, Glycemic Load:5.94, Inflammation Score:-6, Nutrition Score:18.833478308242%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 378.21kcal (18.91%), Fat: 14.08g (21.66%), Saturated Fat: 6.47g (40.45%), Carbohydrates: 35.52g (11.84%), Net Carbohydrates: 33.54g (12.2%), Sugar: 11.29g (12.55%), Cholesterol: 91.03mg (30.34%), Sodium: 1228.28mg (53.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.42g (54.83%), Vitamin B1: 0.93mg (62.09%), Selenium: 37.93µg (54.19%), Vitamin B3: 10.69mg (53.43%), Vitamin B6: 1mg (49.86%), Phosphorus: 318.45mg (31.85%), Vitamin C: 23.32mg (28.26%), Vitamin B2: 0.32mg (19.02%), Potassium: 564.34mg (16.12%), Zinc: 2.17mg (14.48%), Magnesium: 52.85mg (13.21%), Folate: 51.12µg (12.78%), Iron: 2.12mg (11.79%), Vitamin B12: 0.61µg (10.22%), Copper: 0.2mg (9.89%), Manganese: 0.2mg (9.86%), Vitamin B5: 0.95mg (9.49%), Vitamin A: 437.84IU (8.76%), Fiber: 1.98g (7.91%), Calcium: 43mg (4.3%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.31mg (2.07%)