



Balsamic-Plum Glazed Pork Chops

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon bottled garlic minced
- ☐ 1 teaspoon butter
- ☐ 0.3 cup plum preserves
- ☐ 16 ounce pork loin chops boneless (1/)
- ☐ 0.3 cup port wine
- ☐ 0.8 teaspoon salt divided

☐ 2 tablespoons shallots chopped

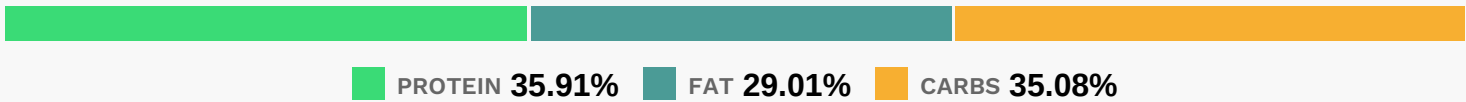
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle pork evenly with 1/2 teaspoon salt and pepper.
- ☐ Add pork to pan; cook 3 1/2 minutes on each side.
- ☐ Remove from pan.
- ☐ Coat pan with cooking spray.
- ☐ Add shallots and garlic to pan; saut 30 seconds.
- ☐ Add port and vinegar to pan; cook 30 seconds, stirring occasionally. Stir in remaining 1/4 teaspoon salt and plum preserves; cook for 30 seconds or until smooth, stirring constantly. Return pork to pan; cook 30 seconds or until desired degree of doneness, turning to coat.
- ☐ Sprinkle with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:11.58, Inflammation Score:-3, Nutrition Score:13.911739120017%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 300.31kcal (15.02%), Fat: 8.92g (13.72%), Saturated Fat: 3.43g (21.42%), Carbohydrates: 24.27g (8.09%), Net Carbohydrates: 23.74g (8.63%), Sugar: 16.51g (18.35%), Cholesterol: 78.66mg (26.22%), Sodium: 511.59mg

(22.24%), Alcohol: 2.3g (100%), Alcohol %: 1.68% (100%), Protein: 24.84g (49.68%), Selenium: 38.43µg (54.91%), Vitamin B1: 0.77mg (51.29%), Vitamin B3: 9.12mg (45.61%), Vitamin B6: 0.86mg (43.1%), Phosphorus: 269.94mg (26.99%), Potassium: 491.32mg (14.04%), Vitamin B2: 0.24mg (13.94%), Zinc: 1.83mg (12.2%), Vitamin B12: 0.6µg (10.05%), Magnesium: 34.54mg (8.63%), Vitamin B5: 0.86mg (8.6%), Copper: 0.11mg (5.54%), Manganese: 0.1mg (5.01%), Iron: 0.9mg (4.98%), Vitamin C: 3.28mg (3.98%), Vitamin D: 0.45µg (3.02%), Calcium: 22.2mg (2.22%), Fiber: 0.53g (2.12%), Vitamin E: 0.21mg (1.43%), Folate: 4.91µg (1.23%)