



Balsamic Pork Chops

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup balsamic vinegar
- ☐ 0.5 cup chicken broth
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 1.3 teaspoons lemon-herb seasoning
- ☐ 1 tablespoon olive oil
- ☐ 2.5 inch pork loin chops boneless

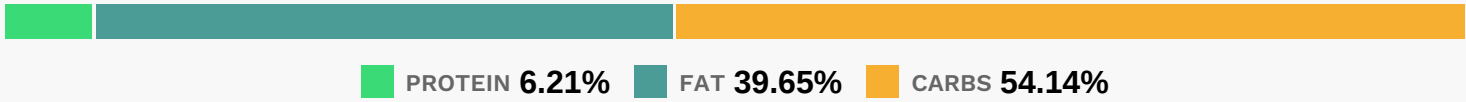
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle pork evenly with seasoning and flour.
- ☐ Cook pork in hot oil in a large skillet over medium-high heat 3 to 4 minutes on each side or until lightly browned.
- ☐ Remove from skillet, and keep warm.
- ☐ Add vinegar and broth to skillet, stirring to loosen particles from bottom. Cook, stirring often, over medium-high heat 5 minutes or until slightly thickened. Spoon sauce over pork, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.4, Glycemic Load:5.03, Inflammation Score:-1, Nutrition Score:1.5730434653714%

Nutrients (% of daily need)

Calories: 72.66kcal (3.63%), Fat: 2.95g (4.54%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 8.85g (3.22%), Sugar: 5.2g (5.77%), Cholesterol: 1.27mg (0.42%), Sodium: 95.86mg (4.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Manganese: 0.14mg (7.24%), Iron: 0.51mg (2.81%), Vitamin E: 0.42mg (2.81%), Vitamin B1: 0.04mg (2.7%), Selenium: 1.74µg (2.49%), Vitamin K: 2.52µg (2.4%), Vitamin B2: 0.04mg (2.1%), Vitamin B3: 0.35mg (1.76%), Folate: 6.95µg (1.74%), Potassium: 57.75mg (1.65%), Magnesium: 6.33mg (1.58%), Phosphorus: 15.1mg (1.51%), Calcium: 12.99mg (1.3%), Copper: 0.03mg (1.26%)