



Balsamic Pork Chops

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 tablespoons butter
- ☐ 14.5 ounce chicken broth canned
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 2 garlic cloves pressed
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper

- ☐ 4.5 inch pork chops boneless
- ☐ 6.2 ounce fast-cooking and rice mix long-grain wild
- ☐ 6 servings garnish: rosemary sprigs fresh
- ☐ 0.5 teaspoon salt

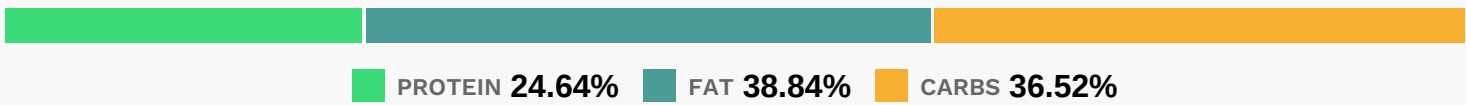
Equipment

- ☐ frying pan

Directions

- ☐ Cook rice according to package directions; keep warm.
- ☐ Combine flour, 1 teaspoon rosemary, salt, and pepper. Dredge pork chops in flour mixture.
- ☐ Melt butter with oil in a large skillet over medium-high heat; add garlic, and saut 1 minute.
- ☐ Add pork chops, and cook 4 minutes on each side or until golden.
- ☐ Remove pork chops.
- ☐ Add broth and vinegar, stirring to loosen particles from bottom of skillet. Cook 6 minutes or until liquid is reduced by half.
- ☐ Add pork chops, and cook 5 minutes or until done.
- ☐ Serve over rice.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:42.83, Glycemic Load:3.41, Inflammation Score:-5, Nutrition Score:10.185652233984%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 344.2kcal (17.21%), Fat: 14.44g (22.22%), Saturated Fat: 3.07g (19.21%), Carbohydrates: 30.55g (10.18%), Net Carbohydrates: 29.79g (10.83%), Sugar: 2.15g (2.39%), Cholesterol: 35.53mg (11.84%), Sodium: 575.55mg (25.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.62g (41.24%), Selenium: 25.56µg (36.52%), Folate: 89.22µg (22.31%), Vitamin B1: 0.32mg (21.11%), Vitamin B3: 4.08mg (20.41%), Manganese: 0.37mg (18.67%), Iron: 3.11mg (17.29%), Phosphorus: 153.38mg (15.34%), Zinc: 2.22mg (14.78%), Vitamin B12: 0.7µg (11.66%), Vitamin B6: 0.2mg (9.82%), Vitamin E: 1.05mg (7.03%), Vitamin B2: 0.1mg (6.02%), Vitamin A: 292.88IU (5.86%), Magnesium: 21.05mg (5.26%), Copper: 0.1mg (5.11%), Vitamin K: 4.72µg (4.49%), Potassium: 149.05mg (4.26%), Fiber: 0.77g (3.06%), Calcium: 26.01mg (2.6%), Vitamin B5: 0.17mg (1.69%)