



Brandied-Peach Pork Chops

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brandy divided
- ☐ 0.3 cup peach preserves
- ☐ 10 ounce peaches frozen thawed
- ☐ 4 loin pork chops 1-inch-thick ()
- ☐ 0.5 cup shallots thinly sliced
- ☐ 1 teaspoon thyme leaves finely chopped
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons vegetable oil

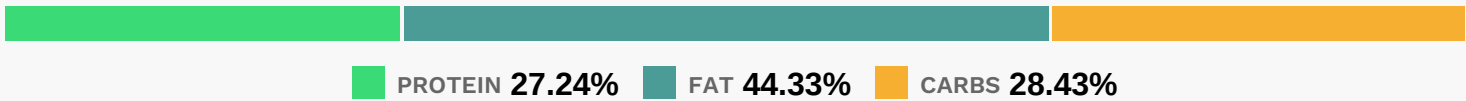
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Pat pork chops dry, then sprinkle on both sides with 1 teaspoon salt and 1/2 teaspoon pepper (total).
- ☐ Heat oil in a 12-inch heavy skillet over medium heat until it shimmers, then cook pork chops, turning once, until browned and just cooked through, 10 to 12 minutes total.
- ☐ Transfer to a platter and keep warm, loosely covered with foil.
- ☐ Pour off all but 1 tablespoon fat from skillet.
- ☐ Heat butter in skillet over medium heat until foam subsides, then cook shallots with thyme, stirring occasionally, until tender and golden-brown, about 5 minutes.
- ☐ Add 1/4 cup brandy to skillet and carefully ignite with a kitchen match (use caution; flames will shoot up), then cook over medium heat, scraping bottom of skillet to loosen brown bits. When flames subside, add peaches, preserves, and 1/4 teaspoon each of salt and pepper and cook, covered, until peaches are tender and juicy, about 3 minutes. Stir in remaining tablespoon brandy, any meat juices from platter, and salt and pepper to taste, then spoon sauce over chops.

Nutrition Facts



Properties

Glycemic Index:46.31, Glycemic Load:14.25, Inflammation Score:-7, Nutrition Score:19.854782705722%

Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Catechin: 3.49mg, Catechin: 3.49mg, Catechin: 3.49mg, Catechin: 3.49mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg

Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 482.98kcal (24.15%), Fat: 22.03g (33.89%), Saturated Fat: 7.94g (49.62%), Carbohydrates: 31.77g (10.59%), Net Carbohydrates: 29.38g (10.68%), Sugar: 22.02g (24.47%), Cholesterol: 104.83mg (34.94%), Sodium: 87.11mg (3.79%), Alcohol: 5.01g (100%), Alcohol %: 2.17% (100%), Protein: 30.45g (60.91%), Selenium: 46.83µg (66.91%), Vitamin B1: 0.93mg (62.3%), Vitamin B3: 11.36mg (56.79%), Vitamin B6: 1.1mg (55.02%), Phosphorus: 344.37mg (34.44%), Potassium: 711.9mg (20.34%), Vitamin B2: 0.3mg (17.8%), Zinc: 2.4mg (15.98%), Vitamin K: 15.36µg (14.63%), Magnesium: 48.79mg (12.2%), Vitamin B12: 0.72µg (12.03%), Vitamin B5: 1.18mg (11.84%), Vitamin C: 8.57mg (10.38%), Vitamin E: 1.46mg (9.71%), Copper: 0.19mg (9.59%), Fiber: 2.39g (9.56%), Vitamin A: 436.28IU (8.73%), Iron: 1.5mg (8.34%), Manganese: 0.16mg (8.09%), Folate: 17.86µg (4.46%), Vitamin D: 0.64µg (4.27%), Calcium: 32.53mg (3.25%)