



Breakfast Pork Chops

READY IN



40 min.

SERVINGS



6

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 6 servings pepper black freshly ground
- ☐ 6 pork chops bone-in (; 3 pounds)
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1 teaspoon sage dried
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic smashed
- ☐ 6 servings kosher salt

- ☐ 0.3 cup brown sugar light packed
- ☐ 1 cup chicken broth low-sodium
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Combine 3 cups hot water, the vinegar, brown sugar, 1/4 cup salt, the garlic, sage and cayenne in a large bowl, stirring until the sugar and salt dissolve; let cool to room temperature. Submerge the pork chops in the brine, cover and refrigerate overnight.
- ☐ Remove the pork from the brine and pat dry.
- ☐ Heat 1 tablespoon olive oil in a large skillet over medium-high heat.
- ☐ Add half of the pork chops and cook until browned, 3 to 5 minutes per side (reduce the heat, if necessary).
- ☐ Transfer to a plate and repeat with the remaining 1 tablespoon olive oil and pork chops; transfer to the plate.
- ☐ Sprinkle the flour over the drippings in the skillet and cook, stirring with a wooden spoon, until lightly golden, about 45 seconds.
- ☐ Add the chicken broth and scrape up any browned bits; switch to a whisk and cook, whisking, until the sauce begins to thicken, about 2 minutes.
- ☐ Add the milk, parsley, 1/2 teaspoon salt, and black pepper to taste and simmer 1 minute. Return the pork chops to the skillet along with any juices from the plate and heat through, about 2 minutes.
- ☐ Photograph by Con Poulos

Nutrition Facts



 PROTEIN **38.7%**  FAT **49.1%**  CARBS **12.2%**

Properties

Glycemic Index:46.5, Glycemic Load:1.03, Inflammation Score:-3, Nutrition Score:20.347826250221%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 385.68kcal (19.28%), Fat: 20.57g (31.65%), Saturated Fat: 5.99g (37.41%), Carbohydrates: 11.5g (3.83%), Net Carbohydrates: 11.36g (4.13%), Sugar: 9.5g (10.56%), Cholesterol: 118.18mg (39.39%), Sodium: 306.81mg (13.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.48g (72.97%), Selenium: 58.18µg (83.12%), Vitamin B6: 1.21mg (60.56%), Vitamin B3: 11.88mg (59.41%), Vitamin B1: 0.84mg (56.07%), Phosphorus: 381.44mg (38.14%), Vitamin K: 25.21µg (24.01%), Vitamin B2: 0.36mg (20.91%), Zinc: 3.13mg (20.84%), Potassium: 665.09mg (19%), Vitamin B12: 0.99µg (16.54%), Vitamin B5: 1.26mg (12.61%), Magnesium: 46.81mg (11.7%), Iron: 1.44mg (7.99%), Copper: 0.14mg (7.03%), Vitamin D: 0.96µg (6.4%), Vitamin E: 0.91mg (6.04%), Calcium: 59.37mg (5.94%), Manganese: 0.08mg (4.25%), Vitamin A: 157.92IU (3.16%), Vitamin C: 2.12mg (2.57%), Folate: 4.54µg (1.14%)