



Chicken Fried Pork Chops with Chunky Pear Chutney

READY IN



130 min.

SERVINGS



6

CALORIES



723 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 3 bartlett pears cored peeled cut into 1-inch pieces
- ☐ 8 pork chops bone-in
- ☐ 2 tablespoons butter
- ☐ 0.5 cup cane sugar raw
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 cup cider vinegar
- ☐ 0.5 cup cornstarch

- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 inch ginger fresh minced
- ☐ 0.5 cup golden raisins
- ☐ 1 jalapeno minced
- ☐ 0.5 teaspoon paprika hot
- ☐ 0.5 tablespoon pink peppercorns
- ☐ 6 servings salt
- ☐ 6 servings salt and pepper black freshly ground for seasoning, plus 1/2 teaspoon pepper
- ☐ 0.5 teaspoon paprika smoked
- ☐ 6 servings vegetable shortening for frying
- ☐ 1 tablespoon water

Equipment

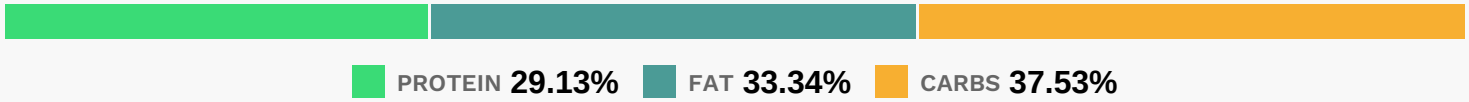
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Melt shortening in a deep skillet until it comes about 1-inch up the side of the pan.
- ☐ Heat to 360 degrees F.
- ☐ While shortening is heating, season pork chops with salt and pepper on both sides, set aside. In a shallow bowl beat eggs, 1 tablespoon water, cayenne pepper, and 1/2 teaspoon black pepper. In a paper bag mix flour and cornstarch. Coat pork chops in egg mixture, transfer to a paper bag, and shake until coated. Fry pork chops until golden, about 4 to 5 minutes per side.
- ☐ Transfer to a paper towel to drain. (Keep pork chops in a warm oven if cooking all at once is not possible.)

- ☐
- In a medium saucepan, melt butter over medium-high heat and saute pears, about 2 minutes.
- ☐
- Add the remaining ingredients, except salt, and bring mixture to a boil. Turn heat to medium-high and cook until thickened, stirring occasionally, about 45 minutes. Season with salt, to taste.
- ☐
- Remove from heat and serve with Chicken Fried Pork Chops.

Nutrition Facts



Properties

Glycemic Index:86.79, Glycemic Load:32.93, Inflammation Score:-6, Nutrition Score:30.569130731666%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 723.38kcal (36.17%), Fat: 26.37g (40.57%), Saturated Fat: 9.76g (60.97%), Carbohydrates: 66.8g (22.27%), Net Carbohydrates: 62.4g (22.69%), Sugar: 32.77g (36.41%), Cholesterol: 220.53mg (73.51%), Sodium: 374.72mg (16.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.84g (103.67%), Selenium: 88.69µg (126.7%), Vitamin B1: 1.28mg (85.41%), Vitamin B6: 1.7mg (84.78%), Vitamin B3: 16.58mg (82.9%), Phosphorus: 555.62mg (55.56%), Vitamin B2: 0.66mg (38.63%), Zinc: 4.5mg (30.02%), Potassium: 1048.15mg (29.95%), Vitamin B12: 1.34µg (22.27%), Manganese: 0.42mg (21.22%), Vitamin B5: 2mg (19.99%), Magnesium: 77.24mg (19.31%), Iron: 3.33mg (18.48%), Fiber: 4.4g (17.6%), Copper: 0.32mg (16.23%), Folate: 52.09µg (13.02%), Vitamin D: 1.42µg (9.49%), Vitamin A: 464.31IU (9.29%), Vitamin C: 7.26mg (8.8%), Calcium: 78.37mg (7.84%), Vitamin K: 6.64µg (6.32%), Vitamin E: 0.9mg (5.98%)