



Chicken Fried Pork with Sweet Jalapeno Sauce

READY IN



20 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons flour all-purpose
- 1 teaspoon alouette garlic & herbs spreadable cheese salt-free
- 4 servings pepper black
- 0.3 cup honey
- 0.5 cup beef broth reduced-sodium
- 1 tablespoon olive oil
- 0.5 cup jalapeño peppers chopped
- 16 ounce pork chops boneless

Equipment

- bowl
- frying pan
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Place pork chops between 2 pieces of plastic wrap and pound with a meat mallet or rolling pin until about 1/2-inch thick. Season both sides with salt and black pepper.
- In a shallow dish, combine flour and garlic and herb seasoning.
- Mix well.
- Add pork to flour mixture and turn to coat both sides.
- Heat oil in a large skillet over medium-high heat.
- Add pork and cook 2 minutes per side, until golden brown. Meanwhile, in a small bowl, combine beef broth, jalapenos and honey.
- Mix until blended.
- Add broth-jalapeno mixture to the pork and bring to a simmer. Simmer 3 to 5 minutes, until pork is cooked through and sauce thickens.

Nutrition Facts



Properties

Glycemic Index:39.82, Glycemic Load:11.19, Inflammation Score:-4, Nutrition Score:14.6713044448791%

Nutrients (% of daily need)

Calories: 295.77kcal (14.79%), Fat: 12g (18.46%), Saturated Fat: 3.53g (22.04%), Carbohydrates: 21.3g (7.1%), Net Carbohydrates: 20.69g (7.52%), Sugar: 17.77g (19.74%), Cholesterol: 77.32mg (25.77%), Sodium: 401.21mg (17.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.61g (51.22%), Selenium: 39.05µg (55.78%), Vitamin B1:

0.79mg (52.88%), Vitamin B3: 9.37mg (46.87%), Vitamin B6: 0.86mg (43.13%), Phosphorus: 264.4mg (26.44%), Potassium: 532.18mg (15.21%), Vitamin B2: 0.24mg (14.29%), Zinc: 1.89mg (12.6%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.93mg (9.27%), Magnesium: 33.45mg (8.36%), Iron: 1.18mg (6.55%), Vitamin A: 294.08IU (5.88%), Vitamin E: 0.77mg (5.15%), Copper: 0.1mg (5.13%), Vitamin K: 4.47µg (4.26%), Manganese: 0.08mg (4.13%), Vitamin D: 0.45µg (3.02%), Fiber: 0.61g (2.44%), Folate: 9.68µg (2.42%), Vitamin C: 1.81mg (2.19%), Calcium: 14.16mg (1.42%)