



Cinnamon-Spiced Pork and Plums

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon butter
- 4 ounces plums dried pitted halved
- 0.3 cup cooking wine dry white
- 0.3 cup less-sodium chicken broth fat-free
- 2 tablespoons parsley fresh chopped
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 teaspoon coarsely ground pepper black

- 1 teaspoon olive oil
- 16 ounce center-cut loin pork chops boneless (1/)
- 0.3 teaspoon salt
- 0.3 cup shallots finely chopped

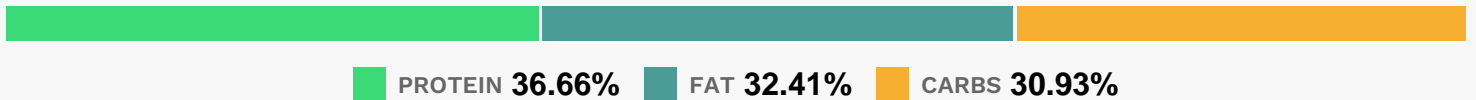
Equipment

- bowl
- frying pan

Directions

- Combine first 4 ingredients in a small bowl; sprinkle evenly over pork.
- Heat 1 teaspoon olive oil in a large nonstick skillet over medium-high heat.
- Add pork, and cook for 2 minutes on each side or until browned.
- Add shallots and butter; cook 30 seconds or until butter melts, stirring frequently.
- Add plums, wine, and broth, turning pork to coat. Cover, reduce heat to medium-low, and cook 2 minutes or until pork is done.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:5.39, Inflammation Score:-5, Nutrition Score:18.742608609407%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin:

0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 291.41kcal (14.57%), Fat: 10.08g (15.5%), Saturated Fat: 3.6g (22.48%), Carbohydrates: 21.64g (7.21%), Net Carbohydrates: 18.88g (6.86%), Sugar: 12.21g (13.57%), Cholesterol: 78.66mg (26.22%), Sodium: 290.06mg (12.61%), Alcohol: 2.06g (100%), Alcohol %: 1.3% (100%), Protein: 25.64g (51.28%), Selenium: 38.27µg (54.67%), Vitamin B1: 0.78mg (52.28%), Vitamin B3: 9.78mg (48.91%), Vitamin K: 51.02µg (48.59%), Vitamin B6: 0.95mg (47.41%), Phosphorus: 292.34mg (29.23%), Potassium: 715.19mg (20.43%), Vitamin B2: 0.28mg (16.2%), Manganese: 0.3mg (14.99%), Zinc: 2mg (13.34%), Magnesium: 48.12mg (12.03%), Fiber: 2.76g (11.03%), Vitamin B12: 0.64µg (10.68%), Vitamin B5: 1.03mg (10.31%), Vitamin A: 427.88IU (8.56%), Copper: 0.17mg (8.33%), Iron: 1.27mg (7.04%), Vitamin C: 4.02mg (4.88%), Calcium: 35.16mg (3.52%), Vitamin E: 0.48mg (3.21%), Vitamin D: 0.45µg (3.02%), Folate: 9.7µg (2.42%)