

# Park & Sons

## Cook the Book: Pork Chops with Shallots



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup butter sweet chopped
- ☐ 6 servings pepper black
- ☐ 6 pork chops bone-in
- ☐ 6 servings sea salt
- ☐ 10 thyme sprigs fresh

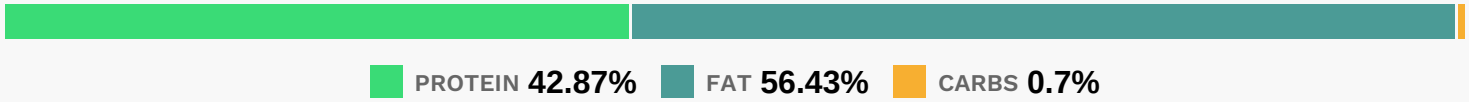
## Equipment

- ☐ frying pan

# Directions

- ☐ Melt 1 1/2 tablespoons of the butter in a pan.
- ☐ Add the shallots and cook, stirring frequently, over high heat for 8–10 minutes, until golden brown.
- ☐ Melt the remaining butter in a skillet.
- ☐ Add the chops and cook over high heat for 5 minutes on each side, or until cooked through and the juices have caramelized.
- ☐ Season with sea salt and coarsely ground black pepper.
- ☐ Mix the thyme with the shallots.
- ☐ Serve the chops with the shallots immediately.

## Nutrition Facts



## Properties

Glycemic Index:21.17, Glycemic Load:0.09, Inflammation Score:-9, Nutrition Score:15.833913023057%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg

## Nutrients (% of daily need)

Calories: 277.45kcal (13.87%), Fat: 17g (26.16%), Saturated Fat: 8.15g (50.96%), Carbohydrates: 0.48g (0.16%), Net Carbohydrates: 0.22g (0.08%), Sugar: 0.01g (0.01%), Cholesterol: 110.12mg (36.71%), Sodium: 319.1mg (13.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.06g (58.12%), Selenium: 44.45µg (63.51%), Vitamin B1: 0.9mg (59.68%), Vitamin B3: 10.74mg (53.7%), Vitamin B6: 0.98mg (48.96%), Phosphorus: 307.03mg (30.7%), Vitamin B2: 0.26mg (15.24%), Potassium: 513.61mg (14.67%), Zinc: 2.12mg (14.12%), Vitamin B12: 0.73µg (12.1%), Vitamin B5: 0.99mg (9.93%), Magnesium: 37.87mg (9.47%), Vitamin A: 321.45IU (6.43%), Iron: 0.97mg (5.41%), Copper: 0.09mg (4.29%), Vitamin D: 0.54µg (3.57%), Vitamin C: 2.67mg (3.23%), Vitamin E: 0.39mg (2.63%), Manganese: 0.05mg (2.56%), Calcium: 18.96mg (1.9%), Fiber: 0.26g (1.03%)