

Cook the Book: Pork Porterhouse with Pancetta-Dried Cherry Vinaigrette

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



698 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 0.3 cherries dried
- ☐ 1 cup olive oil extra virgin
- ☐ 1 pinch thyme sprigs fresh
- ☐ 4 servings pepper black freshly ground
- ☐ 1 optional: lemon thinly sliced
- ☐ 4 sprigs oregano fresh

- ☐ 0.5 cup pancetta diced
- ☐ 40 ounce pork chops
- ☐ 1 teaspoon pepper red crushed
- ☐ 4 shallots sliced into rings

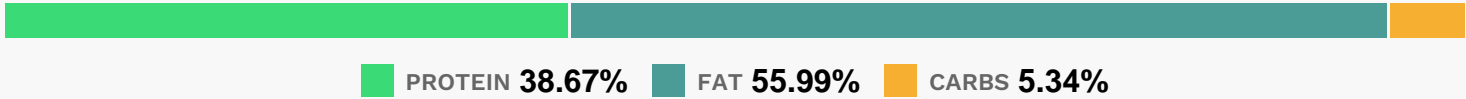
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ To prepare the pork chops, stir the olive oil, lemon slices, oregano, red pepper, and thyme in a nonreactive glass or ceramic dish.
- ☐ Sprinkle the pork chops with salt and pepper and put them in the dish with the marinade. Turn to coat with the marinade, cover, and refrigerate for 6 to 12 hours or overnight.
- ☐ To make the vinaigrette, heat 1 tablespoon of olive oil in a saute pan set over low heat. When the olive oil is hot, add the pancetta and cook for about 5 minutes, or until the fat is rendered and the pancetta is crispy.
- ☐ Add the shallots, vinegar, and cherries and cook for 6 to 8 minutes, or until reduced by half.
- ☐ Add the remaining olive oil, stir well, and set aside to cool.
- ☐ Prepare a charcoal or gas grill by spraying the grilling rack with nonstick vegetable spray.
- ☐ Heat the grill until very hot.
- ☐ Lift the pork chops from the marinade and wipe off any excess oil. Season lightly with salt and pepper and grill for 1 to 2 minutes. Turn the chops and cook for about 1 minute longer, or until cooked through. The thin chops do not take long to cook over a hot fire.
- ☐ Arrange the chops on a large platter and dress with the cooled vinaigrette.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.38, Glycemic Load:1.62, Inflammation Score:-9, Nutrition Score:34.037826040517%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 697.5kcal (34.87%), Fat: 42.48g (65.35%), Saturated Fat: 12.43g (77.67%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 6.5g (2.36%), Sugar: 2.91g (3.24%), Cholesterol: 209.46mg (69.82%), Sodium: 345.84mg (15.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.01g (132.02%), Selenium: 100.42µg (143.45%), Vitamin B1: 2mg (133.55%), Vitamin B3: 24.06mg (120.32%), Vitamin B6: 2.28mg (113.82%), Phosphorus: 709.64mg (70.96%), Potassium: 1295.1mg (37%), Vitamin B2: 0.57mg (33.79%), Zinc: 4.95mg (32.99%), Vitamin B12: 1.65µg (27.51%), Vitamin B5: 2.37mg (23.73%), Magnesium: 92.52mg (23.13%), Vitamin C: 16.4mg (19.88%), Vitamin K: 19.83µg (18.88%), Vitamin E: 2.66mg (17.72%), Iron: 2.96mg (16.44%), Manganese: 0.3mg (15%), Copper: 0.22mg (11.23%), Fiber: 2.61g (10.46%), Vitamin D: 1.25µg (8.35%), Calcium: 73.98mg (7.4%), Vitamin A: 215.45IU (4.31%), Folate: 16.38µg (4.09%)