



Cooking from the Glossies: Balsamic Pork with Shallots



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 4 servings pepper black freshly ground
- ☐ 1 garlic clove minced
- ☐ 5 teaspoons olive oil
- ☐ 4 pork chops boneless ()
- ☐ 4 servings salt
- ☐ 2.3 cups shallots thinly sliced

☐ 0.5 cup water

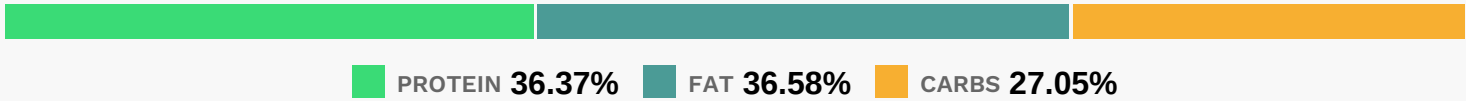
Equipment

☐ frying pan

Directions

- ☐ Add remaining oil to pan; reduce heat to medium.
- ☐ Add shallots to pan; cook 10 minutes or until tender, stirring occasionally.
- ☐ Add garlic; cook 2 minutes. Stir in water and vinegar; simmer 6 minutes.
- ☐ Add salt and pepper to taste. Spoon shallot mixture over pork.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:6.19, Inflammation Score:-6, Nutrition Score:22.013913122856%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 356.13kcal (17.81%), Fat: 14.44g (22.21%), Saturated Fat: 4g (24.99%), Carbohydrates: 24.03g (8.01%), Net Carbohydrates: 19.73g (7.18%), Sugar: 11.68g (12.98%), Cholesterol: 89.78mg (29.93%), Sodium: 277.65mg (12.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.3g (64.6%), Vitamin B6: 1.44mg (72.08%), Selenium: 46.06µg (65.8%), Vitamin B1: 0.98mg (65.02%), Vitamin B3: 10.98mg (54.88%), Phosphorus: 385.51mg (38.55%), Potassium: 957.7mg (27.36%), Manganese: 0.43mg (21.71%), Zinc: 2.63mg (17.53%), Fiber: 4.3g (17.2%), Vitamin B2: 0.28mg (16.21%), Magnesium: 64.41mg (16.1%), Vitamin B5: 1.37mg (13.66%), Iron: 2.38mg (13.2%), Vitamin C: 10.88mg (13.19%), Vitamin B12: 0.71µg (11.84%), Folate: 45.29µg (11.32%), Copper: 0.2mg (10.13%), Calcium: 63.64mg (6.36%), Vitamin E: 0.95mg (6.33%), Vitamin K: 4.25µg (4.05%), Vitamin D: 0.54µg (3.57%)