



Dinner Tonight: Pork Chops with Sage and Balsamic



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings balsamic vinegar to taste
- ☐ 1 tablespoon cooking oil such as canola neutral
- ☐ 2 pork chops
- ☐ 6 sage roughly chopped
- ☐ 2 servings salt and pepper
- ☐ 0.3 teaspoon sugar

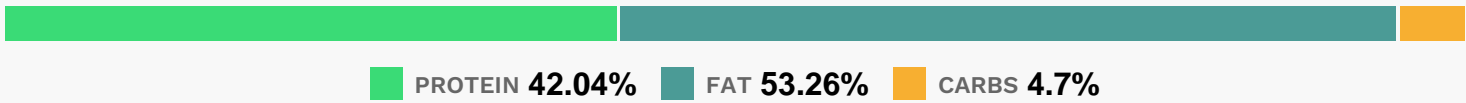
Equipment

☐ frying pan

Directions

- ☐ Flip the chops and cover, cooking on the other side for an additional 2 to 3 minutes until the pork is cooked through.
- ☐ Uncover, remove the chops, and add the sage leaves. Increase the heat to high and scrape up any pan drippings as the sage gets slightly crisp.
- ☐ Drizzle the pork chops with the pan sauce and balsamic vinegar, to taste. Crack fresh black pepper and serve immediately.

Nutrition Facts



Properties

Glycemic Index:60.05, Glycemic Load:1.71, Inflammation Score:-2, Nutrition Score:16.442608683573%

Nutrients (% of daily need)

Calories: 285.76kcal (14.29%), Fat: 16.31g (25.09%), Saturated Fat: 3.8g (23.76%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 3.23g (1.18%), Sugar: 2.89g (3.21%), Cholesterol: 89.78mg (29.93%), Sodium: 261.8mg (11.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.96g (57.92%), Selenium: 44.36µg (63.37%), Vitamin B1: 0.89mg (59.61%), Vitamin B3: 10.7mg (53.52%), Vitamin B6: 0.97mg (48.64%), Phosphorus: 305.92mg (30.59%), Copper: 0.45mg (22.42%), Potassium: 518.31mg (14.81%), Vitamin B2: 0.25mg (14.6%), Zinc: 2.09mg (13.95%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 0.97mg (9.74%), Vitamin E: 1.4mg (9.33%), Magnesium: 36.97mg (9.24%), Vitamin K: 4.99µg (4.75%), Iron: 0.8mg (4.45%), Vitamin D: 0.54µg (3.57%), Manganese: 0.04mg (2.15%), Calcium: 14.62mg (1.46%)