



Fennel Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon fennel seed
- 2 tablespoons garlic salt
- 4 pork chops
- 1 cup white wine

Equipment

- frying pan

Directions

- Sprinkle garlic salt on both sides of the pork chops. The garlic salt should pretty well cover the chops.
- Pour a little olive oil or other cooking oil into a skillet.
- Put the pork chops in the frying pan and place fennel seeds on top of the pork chops. 10 to 15 fennel seeds per pork chop will probably do.
- Let the underside of the pork chop brown then turn over. Once both sides are browned flip again.
- Pour the wine into frying pan; cover and reduce heat. Simmer for 10 minutes and flip the pork chops over. Cover them again and let them simmer for another 10 minutes. Make sure the wine doesn't completely evaporate or the pork chops will burn. You may have to add a little more wine to the pan.

Nutrition Facts

PROTEIN 55.09% **FAT 40.48%** **CARBS 4.43%**

Properties

Glycemic Index:3.75, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:16.194347798176%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 262.08kcal (13.1%), Fat: 9.52g (14.65%), Saturated Fat: 3.29g (20.56%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 1.75g (0.64%), Sugar: 0.58g (0.64%), Cholesterol: 89.78mg (29.93%), Sodium: 3556.86mg (154.65%), Alcohol: 6.18g (100%), Alcohol %: 3.83% (100%), Protein: 29.16g (58.31%), Selenium: 44.42µg (63.46%), Vitamin B1: 0.9mg (60.19%), Vitamin B3: 10.86mg (54.3%), Vitamin B6: 1.01mg (50.49%), Phosphorus: 320.95mg (32.09%), Potassium: 568.55mg (16.24%), Vitamin B2: 0.26mg (15.42%), Zinc: 2.21mg (14.76%), Vitamin B12: 0.71µg (11.84%), Magnesium: 46.71mg (11.68%), Vitamin B5: 1mg (10.01%), Manganese: 0.19mg (9.33%), Iron: 1.14mg (6.33%), Copper: 0.1mg (4.81%), Vitamin D: 0.54µg (3.57%), Calcium: 34.88mg (3.49%), Fiber: 0.6g (2.39%), Vitamin E:

0.17mg (1.16%)