



## Herb-Peppered Pork Chops

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14.5 ounce chicken broth canned
- 1 tablespoon cornstarch
- 1.5 teaspoons thyme leaves dried
- 2 garlic cloves minced
- 0.8 teaspoon ground cumin
- 0.8 teaspoon ground pepper red
- 1 teaspoon ground pepper black
- 0.8 teaspoon lemon pepper

- 1.5 teaspoons oregano dried
- 2 teaspoons paprika
- 6 inch pork chops
- 0.8 teaspoon salt
- 4 servings garnish: roasted shallots whole
- 2 tablespoons vegetable oil divided
- 2 tablespoons water
- 0.3 teaspoon worcestershire sauce

## Equipment

- bowl
- frying pan
- oven

## Directions

- Brush chops with 1 tablespoon oil, and rub with garlic.
- Stir together paprika and next 7 ingredients in a small bowl. Rub on chops. Cover and chill 1 hour.
- Heat remaining 1 tablespoon oil in a large ovenproof skillet over medium-high heat. Cook chops in hot oil 3 minutes on each side or until browned.
- Bake at 350 for 20 minutes or until done.
- Remove chops from skillet, and keep warm, reserving drippings in skillet.
- Add broth to reserved drippings, stirring to loose particles; bring to a boil. Boil until reduced to 1 cup (about 10 minutes); skim fat. Stir together cornstarch, water, and Worcestershire sauce. Gradually stir into broth; bring to a boil. Boil, stirring constantly, 1 minute.
- Serve with chops.
- Garnish, if desired.

## Nutrition Facts



■ PROTEIN 39.94% ■ FAT 51.72% ■ CARBS 8.34%

## Properties

Glycemic Index:45.25, Glycemic Load:0.37, Inflammation Score:-9, Nutrition Score:10.384347879368%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 277.64kcal (13.88%), Fat: 15.76g (24.25%), Saturated Fat: 3.52g (21.99%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 4.47g (1.63%), Sugar: 0.32g (0.36%), Cholesterol: 53.94mg (17.98%), Sodium: 940.99mg (40.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.39g (54.79%), Selenium: 20.66µg (29.52%), Vitamin K: 28.56µg (27.2%), Zinc: 2.78mg (18.52%), Phosphorus: 178.58mg (17.86%), Vitamin B12: 1.05µg (17.46%), Vitamin A: 867.66IU (17.35%), Iron: 2.74mg (15.23%), Vitamin B3: 3mg (15%), Vitamin B6: 0.29mg (14.48%), Manganese: 0.24mg (12.24%), Vitamin E: 1.48mg (9.88%), Vitamin B2: 0.14mg (8.01%), Magnesium: 29.37mg (7.34%), Potassium: 245.14mg (7%), Fiber: 1.25g (5%), Calcium: 47.95mg (4.8%), Copper: 0.09mg (4.68%), Vitamin B1: 0.04mg (2.69%), Folate: 6.35µg (1.59%), Vitamin C: 1.13mg (1.36%)