



Modenese Pork Chops

 **Gluten Free**

READY IN



40 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter
- 0.5 teaspoon rosemary dried crushed
- 0.5 cup cooking wine dry white
- 2 cloves garlic minced
- 0.1 teaspoon ground pepper fresh black
- 4 pork chops ()
- 1 teaspoon salt

Equipment

frying pan

Directions

- In a large skillet, melt butter over medium heat. Cook chops in butter, turning once to brown evenly.
- Pour in wine, and season with salt, pepper, rosemary, and garlic. Simmer, uncovered, for 20 minutes, or until chops are tender.
- Transfer pork chops to serving plates, and spoon sauce over the meat.

Nutrition Facts

PROTEIN 37.84% **FAT 60.43%** **CARBS 1.73%**

Properties

Glycemic Index:49.25, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:15.943043292865%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 335.11kcal (16.76%), Fat: 20.67g (31.79%), Saturated Fat: 10.48g (65.51%), Carbohydrates: 1.33g (0.44%), Net Carbohydrates: 1.28g (0.47%), Sugar: 0.31g (0.35%), Cholesterol: 119.88mg (39.96%), Sodium: 737.48mg (32.06%), Alcohol: 3.09g (100%), Alcohol %: 2.16% (100%), Protein: 29.12g (58.24%), Selenium: 44.74µg (63.92%), Vitamin B1: 0.9mg (59.94%), Vitamin B3: 10.75mg (53.77%), Vitamin B6: 1.01mg (50.36%), Phosphorus: 314mg (31.4%), Vitamin B2: 0.26mg (15.23%), Potassium: 531.57mg (15.19%), Zinc: 2.15mg (14.3%), Vitamin B12: 0.73µg (12.23%), Vitamin B5: 1.01mg (10.13%), Magnesium: 38.64mg (9.66%), Vitamin A: 356.09IU (7.12%), Iron: 0.79mg (4.41%), Copper: 0.08mg (4.1%), Manganese: 0.08mg (3.96%), Vitamin D: 0.54µg (3.57%), Vitamin E: 0.5mg (3.34%), Calcium: 18.95mg (1.9%), Vitamin K: 1.23µg (1.17%)