



Orange Pork Chops with Tarragon



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 0.5 teaspoon tarragon dried
- ☐ 2 tablespoons cooking wine dry white
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup orange juice
- ☐ 24 ounce pork loin chops boneless
- ☐ 4 servings salt and pepper to taste
- ☐ 2 tablespoons water

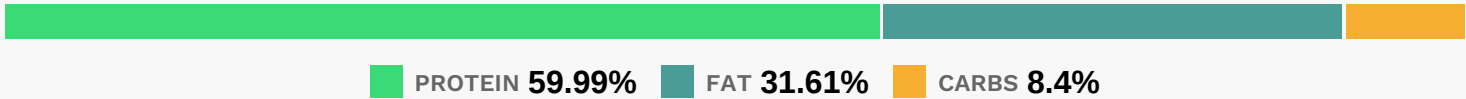
Equipment

☐ frying pan

Directions

- ☐ Heat olive oil in a large skillet over medium-high heat. Season pork chops with salt and pepper, and cook in the hot oil until lightly browned on both sides, about 4 minutes per side.
- ☐ Add the wine, orange juice, and tarragon, and bring to a simmer. Reduce heat to medium-low, cover and simmer, stirring occasionally, 10 to 15 minutes, until the pork is no longer pink in the center.
- ☐ Remove the pork chops from the skillet, set aside, and keep warm.
- ☐ Dissolve the cornstarch in the water, and stir into the simmering liquid until the sauce thickens, about 45 seconds.
- ☐ Pour sauce over the pork chops to serve.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:1.75, Inflammation Score:-3, Nutrition Score:18.3734783297%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.73mg, Hesperetin: 3.73mg, Hesperetin: 3.73mg, Hesperetin: 3.73mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 270.67kcal (13.53%), Fat: 8.99g (13.83%), Saturated Fat: 2.41g (15.07%), Carbohydrates: 5.37g (1.79%), Net Carbohydrates: 5.27g (1.92%), Sugar: 2.68g (2.97%), Cholesterol: 107.16mg (35.72%), Sodium: 278.57mg (12.11%), Alcohol: 0.77g (100%), Alcohol %: 0.44% (100%), Protein: 38.37g (76.74%), Selenium: 47.22µg (67.46%), Vitamin B6: 1.31mg (65.32%), Vitamin B1: 0.78mg (52.16%), Vitamin B3: 9.93mg (49.63%), Phosphorus: 390.38mg (39.04%), Zinc: 3.1mg (20.66%), Potassium: 711.16mg (20.32%), Vitamin B2: 0.33mg (19.52%), Vitamin C: 15.63mg (18.94%),

Vitamin B12: 0.87µg (14.46%), Vitamin B5: 1.33mg (13.29%), Magnesium: 49.39mg (12.35%), Iron: 1.1mg (6.13%),
Copper: 0.12mg (5.83%), Vitamin D: 0.68µg (4.54%), Vitamin E: 0.52mg (3.48%), Folate: 10.06µg (2.52%),
Manganese: 0.05mg (2.32%), Calcium: 15.84mg (1.58%), Vitamin A: 72.5IU (1.45%), Vitamin K: 1.26µg (1.2%)