



Orange Shallot Marsala Pork Chops

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon butter cold
- 4 servings salt and ground pepper black to taste
- 2 tablespoons olive oil
- 1 orange zest
- 3 inch pork chops
- 1 large shallots chopped
- 0.5 cup tangerine juice freshly squeezed

Equipment

frying pan

Directions

- Season pork chops generously with salt and black pepper; dust lightly with flour.
- Heat a large skillet over medium-high heat and add olive oil to the hot skillet. Brown pork chops in the hot oil, about 5 minutes per side.
- Reduce heat to medium and scatter shallot around chops. Continue to cook meat, flipping once, until chops are fork-tender, 10 to 15 minutes. Stir occasionally to prevent shallots from burning.
- Remove chops and keep warm.
- Raise heat to medium-high.
- Pour tangerine juice and Marsala wine into skillet; bring to a boil. Cook until juice and wine reduce to a glaze, 3 to 5 minutes. Return pork chops to skillet and sprinkle with orange zest; add butter to skillet. Flip chops in glaze until coated.

Nutrition Facts

PROTEIN 2.84% **FAT 79.61%** **CARBS 17.55%**

Properties

Glycemic Index:28, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:2.4743477762069%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 5.28mg, Hesperetin: 5.28mg, Hesperetin: 5.28mg, Hesperetin: 5.28mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 110.86kcal (5.54%), Fat: 10.05g (15.46%), Saturated Fat: 2.82g (17.64%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 4.38g (1.59%), Sugar: 3.55g (3.95%), Cholesterol: 8.8mg (2.93%), Sodium: 24.73mg (1.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.61%), Vitamin C: 13.66mg (16.55%), Vitamin E: 1.14mg (7.62%), Vitamin K: 4.67µg (4.45%), Vitamin A: 179.05IU (3.58%), Vitamin B6: 0.05mg (2.7%), Potassium: 91.54mg (2.62%), Vitamin B1: 0.04mg (2.53%), Fiber: 0.61g (2.42%), Manganese: 0.04mg (2.13%), Calcium: 14.19mg (1.42%), Phosphorus: 14.01mg (1.4%), Magnesium: 5.18mg (1.29%), Iron: 0.22mg (1.22%), Folate: 4.69µg (1.17%), Selenium:

0.81µg (1.15%), Vitamin B3: 0.23mg (1.13%)