



Orange Shallot Marsala Pork Chops

READY IN



45 min.

SERVINGS



4

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter cold
- ☐ 1 tablespoon flour all-purpose or as needed
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 0.5 cup marsala wine
- ☐ 2 tablespoons olive oil
- ☐ 1 orange zest
- ☐ 3 inch pork chops
- ☐ 1 large shallots chopped
- ☐ 0.5 cup tangerine juice freshly squeezed

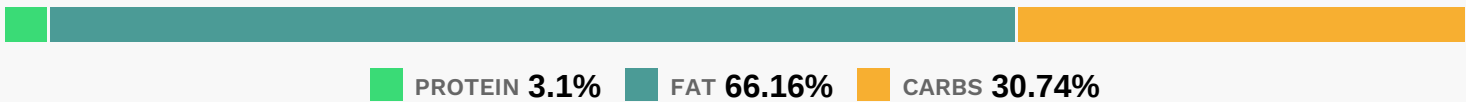
Equipment

☐ 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



Properties

Glycemic Index:46.75, Glycemic Load:1.3, Inflammation Score:-4, Nutrition Score:3.0043477942438%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg 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, Luteolin: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 165.69kcal (8.28%), Fat: 10.07g (15.49%), Saturated Fat: 2.83g (17.66%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 9.87g (3.59%), Sugar: 5.89g (6.54%), Cholesterol: 8.8mg (2.93%), Sodium: 27.47mg (1.19%), Alcohol: 4.59g (100%), Alcohol %: 6.88% (100%), Protein: 1.06g (2.12%), Vitamin C: 13.66mg (16.55%), Vitamin E: 1.14mg (7.63%), Manganese: 0.09mg (4.55%), Vitamin K: 4.68µg (4.46%), Vitamin B1: 0.06mg (3.87%), Vitamin A: 179.05IU (3.58%), Potassium: 121.14mg (3.46%), Vitamin B6: 0.05mg (2.74%), Fiber: 0.66g (2.62%), Selenium: 1.59µg (2.27%), Iron: 0.38mg (2.1%), Magnesium: 8.29mg (2.07%), Folate: 8.12µg (2.03%), Vitamin B3: 0.4mg (2%), Phosphorus: 18.73mg (1.87%), Vitamin B2: 0.03mg (1.75%), Copper: 0.03mg (1.73%), Calcium: 16.87mg (1.69%), Vitamin B5: 0.11mg (1.08%)