



Pan-Fried Pork Chops and Blackberries

 Gluten Free

READY IN



28 min.

SERVINGS



4

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups blackberries
- ☐ 24 ounce pork chops bone-in
- ☐ 4 tablespoons butter
- ☐ 0.3 cup canola oil
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 0.3 cup garlic powder
- ☐ 1 tablespoon honey

- ☐ 4 servings lemon wedges for serving
- ☐ 0.3 cup onion powder
- ☐ 0.3 cup pepper
- ☐ 1 cup salt

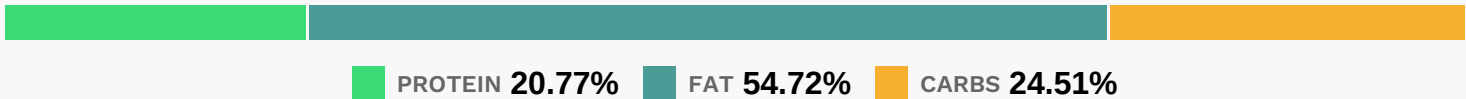
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Sprinkle the chops with a generous amount of seasoning.
- ☐ Heat a large skillet over high heat.
- ☐ Add the butter and oil and swirl until the butter is melted. Sear the chops, in two batches if necessary, until golden, about 2 minutes per side.
- ☐ Transfer the chops to a paper towel-lined plate.
- ☐ Remove the skillet from the heat, add the wine, and return it to the heat. Simmer, scraping up the brown bits, until the wine has mostly evaporated, 4 to 6 minutes.
- ☐ Whisk in the blackberries and honey and cook until the berries are soft and falling apart, 5 to 7 minutes.
- ☐ Add the thyme and adjust seasoning.
- ☐ Reduce the heat to low and add the pork chops, overlapping them in the pan. Baste the chops well with the sauce, cover, and cook until warmed through, 1 to 2 minutes.
- ☐ Serve with lemon wedges.
- ☐ Combine all the ingredients. Store in an airtight container at room temperature for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:62.44, Glycemic Load:5.55, Inflammation Score:-10, Nutrition Score:31.793478219405%

Flavonoids

Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 26.91mg, Catechin: 26.91mg, Catechin: 26.91mg, Catechin: 26.91mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 624.09kcal (31.2%), Fat: 37.92g (58.34%), Saturated Fat: 12.32g (77.01%), Carbohydrates: 38.2g (12.73%), Net Carbohydrates: 27.99g (10.18%), Sugar: 9.06g (10.06%), Cholesterol: 118.13mg (39.38%), Sodium: 28472.98mg (1237.96%), Alcohol: 3.09g (100%), Alcohol %: 1.04% (100%), Protein: 32.38g (64.77%), Manganese: 2.74mg (136.83%), Selenium: 48.94µg (69.91%), Vitamin B6: 1.27mg (63.57%), Vitamin B1: 0.75mg (49.89%), Vitamin K: 49.88µg (47.51%), Vitamin B3: 9.3mg (46.48%), Fiber: 10.22g (40.87%), Phosphorus: 400.17mg (40.02%), Potassium: 1040.12mg (29.72%), Copper: 0.55mg (27.51%), Vitamin E: 4.04mg (26.95%), Iron: 4.45mg (24.71%), Zinc: 3.7mg (24.68%), Vitamin C: 20.26mg (24.56%), Magnesium: 97.73mg (24.43%), Vitamin B2: 0.33mg (19.56%), Calcium: 179.95mg (17.99%), Vitamin B5: 1.51mg (15.05%), Vitamin A: 675.84IU (13.52%), Vitamin B12: 0.7µg (11.67%), Folate: 33.59µg (8.4%), Vitamin D: 0.64µg (4.25%)