



Pan-Roasted Pork Chops with Cranberries and Red Swiss Chard

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup chicken stock see
- ☐ 4.5 oz cranberries fresh frozen thawed
- ☐ 0.5 cup wine dry red
- ☐ 1.5 teaspoons thyme dried fresh crumbled chopped
- ☐ 1 tablespoon garlic minced
- ☐ 3 tablespoons brown sugar light packed
- ☐ 1.5 tablespoons olive oil extra virgin extra-virgin

- ☐ 5 inch pork chops
- ☐ 0.3 cup shallots minced (2 medium)
- ☐ 1 lb swiss chard red chopped coarsely chopped
- ☐ 2 tablespoons butter unsalted

Equipment

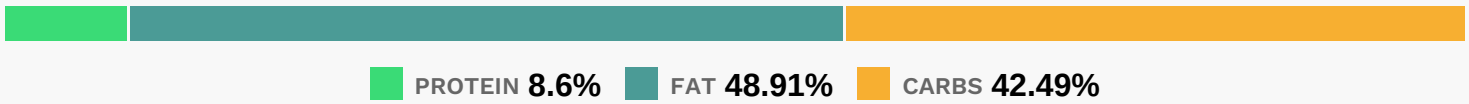
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Preheat oven to 400°F.
- ☐ Cook shallots and garlic in butter in an ovenproof 12-inch heavy skillet over moderate heat, stirring, until golden, about 5 minutes.
- ☐ Add chard stems and center ribs and cook, covered, stirring occasionally, until crisp-tender, 3 to 4 minutes.
- ☐ Add leaves and cook, uncovered, stirring occasionally, until tender, 6 to 7 minutes. Season with salt and pepper, then transfer chard to a heavy saucepan and wipe out skillet.
- ☐ Pat chops dry and season with salt and pepper.
- ☐ Heat oil in skillet over moderately high heat until hot but not smoking, then brown chops, about 3 minutes per side.
- ☐ Transfer skillet to oven and roast until an instant-read thermometer inserted horizontally 2 inches into meat registers 155°F, 7 to 9 minutes.
- ☐ Transfer chops with tongs to a platter, leaving fat in skillet, and cover chops loosely with foil to keep warm.
- ☐ Sauté shallots in fat remaining in skillet over moderately high heat, stirring, until golden, about 5 minutes.

- ☐ Add wine and deglaze by boiling over high heat, scraping up brown bits, until reduced by half.
- ☐ Add cranberries and stock and simmer, stirring occasionally, until cranberries begin to burst, about 2 minutes. Stir in brown sugar and thyme and simmer, stirring, until berries are collapsed, about 3 minutes.
- ☐ Remove from heat and stir in butter until incorporated, then season with salt and pepper.
- ☐ While sauce is cooking, reheat chard over moderate heat, stirring. Divide among 4 plates and top with chops, then spoon sauce over.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:2.97, Inflammation Score:-10, Nutrition Score:20.579565430465%

Flavonoids

Cyanidin: 14.81mg, Cyanidin: 14.81mg, Cyanidin: 14.81mg, Cyanidin: 14.81mg Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 3.7mg, Delphinidin: 3.7mg, Delphinidin: 3.7mg, Delphinidin: 3.7mg Malvidin: 8.01mg, Malvidin: 8.01mg, Malvidin: 8.01mg, Malvidin: 8.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 16.23mg, Peonidin: 16.23mg, Peonidin: 16.23mg, Peonidin: 16.23mg Catechin: 4.14mg, Catechin: 4.14mg, Catechin: 4.14mg, Catechin: 4.14mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 4.59mg, Epicatechin: 4.59mg, Epicatechin: 4.59mg, Epicatechin: 4.59mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 6.62mg, Kaempferol: 6.62mg, Kaempferol: 6.62mg, Kaempferol: 6.62mg Myricetin: 5.75mg, Myricetin: 5.75mg, Myricetin: 5.75mg, Myricetin: 5.75mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 231.25kcal (11.56%), Fat: 12.01g (18.48%), Saturated Fat: 4.59g (28.72%), Carbohydrates: 23.48g (7.83%), Net Carbohydrates: 19.71g (7.17%), Sugar: 13.63g (15.15%), Cholesterol: 18.53mg (6.18%), Sodium: 314.36mg (13.67%), Alcohol: 3.15g (100%), Alcohol %: 1.5% (100%), Protein: 4.75g (9.5%), Vitamin K: 953.16µg (907.77%), Vitamin A: 7146.19IU (142.92%), Vitamin C: 40.96mg (49.65%), Manganese: 0.66mg (32.83%), Magnesium: 102.81mg (25.7%), Vitamin E: 3.54mg (23.59%), Potassium: 605.01mg (17.29%), Iron: 3.05mg (16.96%), Fiber: 3.77g (15.1%), Vitamin B6: 0.28mg (13.99%), Copper: 0.28mg (13.94%), Vitamin B2: 0.16mg (9.56%), Phosphorus: 92.68mg (9.27%), Calcium: 89.16mg (8.92%), Vitamin B3: 1.54mg (7.68%), Vitamin B1: 0.1mg (6.95%), Folate: 26.54µg (6.63%), Selenium: 3.81µg (5.44%), Zinc: 0.68mg (4.56%), Vitamin B5: 0.4mg (4.01%)