



## Pan-Seared Pork Chops with Dried Fruit



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 7 ounce fruit bits mixed dried (such as SunMaid)
- ☐ 24 ounce center-cut pork chops bone-in ( 1/)
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shallots sliced

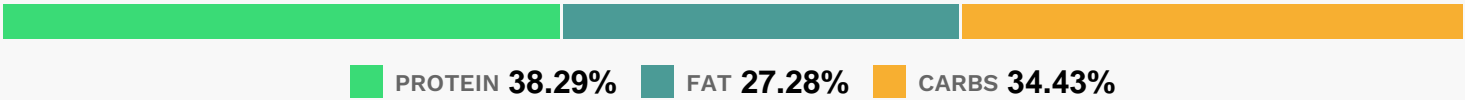
### Equipment

- ☐ frying pan

# Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle both sides of pork with salt and pepper.
- ☐ Add pork to pan; cook 3 minutes on each side or until lightly browned.
- ☐ Remove from pan, and set aside.
- ☐ Add shallots to pan; cook 1 minute, stirring constantly.
- ☐ Add broth and fruit; cover and simmer 1 minute. Return pork to pan, and cook 1 minute or until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:23.25, Glycemic Load:9.14, Inflammation Score:-4, Nutrition Score:24.666087202404%

## Nutrients (% of daily need)

Calories: 403.96kcal (20.2%), Fat: 12.38g (19.05%), Saturated Fat: 4.24g (26.52%), Carbohydrates: 35.17g (11.72%), Net Carbohydrates: 29.65g (10.78%), Sugar: 25.4g (28.22%), Cholesterol: 113.97mg (37.99%), Sodium: 466.45mg (20.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.11g (78.21%), Selenium: 58.09µg (82.99%), Vitamin B1: 1.19mg (79.51%), Vitamin B3: 14.25mg (71.26%), Vitamin B6: 1.36mg (68.19%), Phosphorus: 435.93mg (43.59%), Potassium: 1056.39mg (30.18%), Fiber: 5.52g (22.1%), Vitamin B2: 0.37mg (21.85%), Magnesium: 82.89mg (20.72%), Zinc: 3.06mg (20.37%), Manganese: 0.35mg (17.25%), Vitamin B12: 1.01µg (16.92%), Vitamin B5: 1.58mg (15.79%), Copper: 0.27mg (13.38%), Iron: 2.19mg (12.15%), Calcium: 102.49mg (10.25%), Vitamin K: 8.1µg (7.72%), Vitamin D: 0.68µg (4.54%), Folate: 11.76µg (2.94%), Vitamin E: 0.41mg (2.73%), Vitamin C: 2.17mg (2.63%)