



Pan-Seared Pork Chops with Green Peppercorn Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



312 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper red crushed
- 0.5 cup cooking wine dry white
- 4 garlic 2 minced crushed
- 2 tablespoons peppercorns green in brine rinsed
- 1 lemon zest finely grated
- 1 cup chicken broth low-sodium
- 0.5 cup olive oil extra-virgin

- 8 slices unrolled pancetta very thin
- 4.8 inch thick pork chops boneless
- 48 inch long rosemary branches
- 4 servings salt and pepper black freshly ground

Equipment

- frying pan
- toothpicks
- skewers

Directions

- Using your fingers, strip off the leaves from the bottom 4 inches of the rosemary branches and finely chop enough leaves to make 2 tablespoons. In a large, shallow dish, mix the chopped rosemary with the minced garlic and 1/4 cup of the olive oil. Season the pork chops with salt and black pepper, add them to the rosemary marinade and turn to coat.
- Let stand at room temperature for 1 hour.
- Wrap 2 slices of the lardo around the edge of each pork chop and secure with a toothpick. On the side opposite the toothpick, skewer each of the chops with 2 stripped rosemary branches.
- In a large skillet, heat 3 tablespoons of the olive oil.
- Add the pork chops and cook over moderately high heat until richly browned on the bottom, about 3 minutes. Turn the chops and cook over moderate heat until browned on the second side and just cooked through, about 4 minutes longer.
- Transfer the pork chops to a platter and keep warm.
- Pour off the fat in the skillet and add the remaining 1 tablespoon of olive oil.
- Add the crushed garlic and cook over moderately high heat until golden brown, about 1 minute.
- Add the wine and boil over high heat, scraping up the browned bits from the bottom of the skillet, until reduced to 2 tablespoons.
- Add the chicken broth, grated lemon zest and crushed red pepper and boil until reduced to 1/2 cup, about 8 minutes.

Remove from the heat. Discard the crushed garlic and stir in the brined green peppercorns. Season with salt and black pepper.

Remove the toothpicks from the pork. Spoon the sauce over the chops and serve.

Nutrition Facts

PROTEIN 8.97% **FAT 61.77%** **CARBS 29.26%**

Properties

Glycemic Index:36.75, Glycemic Load:4.99, Inflammation Score:-10, Nutrition Score:18.05086950893%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 312.1kcal (15.61%), Fat: 21.75g (33.46%), Saturated Fat: 6.9g (43.13%), Carbohydrates: 23.18g (7.73%), Net Carbohydrates: 9.93g (3.61%), Sugar: 0.46g (0.51%), Cholesterol: 20.5mg (6.83%), Sodium: 375.4mg (16.32%), Alcohol: 3.09g (100%), Alcohol %: 2.08% (100%), Protein: 7.1g (14.21%), Fiber: 13.25g (53.01%), Iron: 9.36mg (52.02%), Calcium: 404.96mg (40.5%), Vitamin B6: 0.69mg (34.45%), Manganese: 0.67mg (33.57%), Vitamin C: 21.53mg (26.09%), Folate: 94.19µg (23.55%), Vitamin A: 983.99IU (19.68%), Magnesium: 76.03mg (19.01%), Vitamin B1: 0.26mg (17.52%), Potassium: 446.85mg (12.77%), Vitamin B3: 2.55mg (12.74%), Selenium: 8.51µg (12.16%), Copper: 0.22mg (11.23%), Vitamin B2: 0.19mg (10.95%), Zinc: 1.5mg (9.99%), Phosphorus: 96.69mg (9.67%), Vitamin E: 0.93mg (6.22%), Vitamin B12: 0.22µg (3.58%), Vitamin K: 3.65µg (3.48%), Vitamin B5: 0.22mg (2.15%)