



## 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

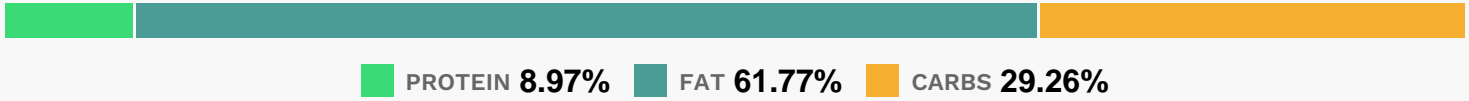
- ☐ frying pan
- ☐ toothpicks
- ☐ skewers

## 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



### 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%)