



Pan-Seared Pork Chops with Molasses-Plum Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 3 tablespoons apple cider vinegar
- 0.3 cup blueberries dried
- 0.8 cup fat-skimmed beef broth fat-free
- 0.1 teaspoon ground coriander
- 2 tablespoons blackstrap molasses
- 2 teaspoons olive oil

- 0.5 cup onion chopped
- 1.8 cups plums pitted peeled coarsely chopped
- 24 ounce pork chops bone-in ()
- 0.5 teaspoon salt divided

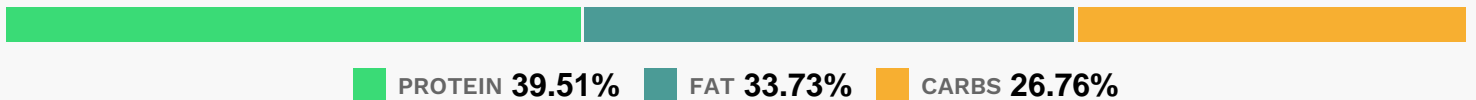
Equipment

- frying pan
- sauce pan

Directions

- Heat oil in a medium saucepan over medium heat.
- Add onion; cook 3 minutes or until tender, stirring frequently. Stir in broth, blueberries, vinegar, molasses, 1/4 teaspoon salt, 1/4 teaspoon pepper, coriander, and plums; bring to a boil. Reduce heat, and simmer 20 minutes or until plums are tender and mixture is thick.
- Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Sprinkle 1/4 teaspoon salt and 1/4 teaspoon pepper over pork chops.
- Add pork chops to skillet; cook 2 minutes on each side or until browned. Reduce heat to medium; cook 4 minutes or until done.
- Remove pork chops from skillet; cover and keep warm.
- Add plum mixture to skillet; bring to a simmer. Cook 2 minutes, scraping pan to loosen browned bits. Spoon plum mixture over pork.
- Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:45.42, Glycemic Load:6.56, Inflammation Score:-5, Nutrition Score:23.694348096848%

Flavonoids

Cyanidin: 4.06mg, Cyanidin: 4.06mg, Cyanidin: 4.06mg, Cyanidin: 4.06mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 2.31mg, Epicatechin: 2.31mg, Epicatechin: 2.31mg, Epicatechin: 2.31mg Epicatechin 3-gallate: 0.55mg, Epicatechin 3-gallate: 0.55mg, Epicatechin 3-gallate: 0.55mg, Epicatechin 3-gallate: 0.55mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 391.42kcal (19.57%), Fat: 14.38g (22.12%), Saturated Fat: 4.47g (27.94%), Carbohydrates: 25.68g (8.56%), Net Carbohydrates: 22.99g (8.36%), Sugar: 20.84g (23.15%), Cholesterol: 113.97mg (37.99%), Sodium: 554.09mg (24.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.89g (75.79%), Selenium: 59.16µg (84.51%), Vitamin B1: 1.17mg (78.1%), Vitamin B3: 14.25mg (71.23%), Vitamin B6: 1.35mg (67.68%), Phosphorus: 411.1mg (41.11%), Potassium: 1023.17mg (29.23%), Vitamin B2: 0.35mg (20.51%), Magnesium: 77.11mg (19.28%), Zinc: 2.79mg (18.61%), Vitamin B12: 0.99µg (16.44%), Vitamin B5: 1.49mg (14.94%), Manganese: 0.29mg (14.74%), Fiber: 2.69g (10.76%), Copper: 0.21mg (10.3%), Vitamin C: 8.35mg (10.12%), Iron: 1.8mg (9.99%), Vitamin K: 6.31µg (6.01%), Vitamin A: 257.62IU (5.15%), Calcium: 50.58mg (5.06%), Vitamin E: 0.7mg (4.69%), Vitamin D: 0.68µg (4.54%), Folate: 7.88µg (1.97%)