



Pan-Seared Pork Chops with Red Currant Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons cider vinegar
- 1 teaspoon cornstarch
- 0.3 teaspoon thyme leaves dried
- 2 garlic cloves minced
- 1 teaspoon ground coriander
- 1 cup less-sodium beef broth fat-free

- 2 teaspoons olive oil
- 24 ounce center-cut loin pork chops bone-in trimmed (1/)
- 0.3 cup currant jelly red
- 0.8 teaspoon salt divided
- 0.3 cup shallots chopped
- 1 teaspoon water

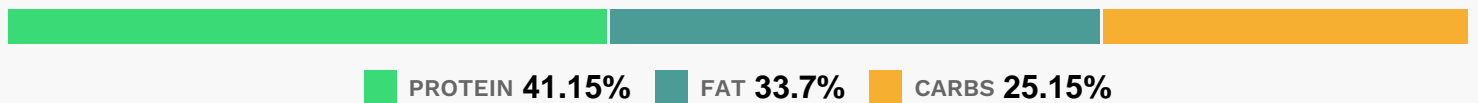
Equipment

- bowl
- frying pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Sprinkle pork chops with coriander and 1/2 teaspoon salt.
- Add pork to pan; cook 3 minutes on each side.
- Remove from pan.
- Add shallots, thyme, garlic, and remaining 1/4 teaspoon salt to pan; saut 1 minute. Stir in vinegar; cook 15 seconds or until liquid almost evaporates. Stir in broth; bring to a boil. Cook until reduced to 2/3 cup (about 3 minutes).
- Add jelly and pepper; cook 2 minutes or until jelly melts.
- Combine 1 teaspoon cornstarch and 1 teaspoon water in a small bowl.
- Add cornstarch mixture to pan; bring to a boil. Cook 1 minute, stirring constantly.
- Add pork chops to pan; cook 1 minute or until thoroughly heated.
- Garnish pork chops with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:11.35, Inflammation Score:-3, Nutrition Score:21.07521739019%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 382.18kcal (19.11%), Fat: 13.94g (21.45%), Saturated Fat: 4.46g (27.87%), Carbohydrates: 23.42g (7.81%), Net Carbohydrates: 22.34g (8.12%), Sugar: 14.95g (16.61%), Cholesterol: 113.97mg (37.99%), Sodium: 639.53mg (27.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.31g (76.62%), Selenium: 57.42µg (82.03%), Vitamin B1: 1.15mg (76.84%), Vitamin B3: 13.65mg (68.26%), Vitamin B6: 1.31mg (65.54%), Phosphorus: 404mg (40.4%), Potassium: 845.79mg (24.17%), Vitamin B2: 0.34mg (20.16%), Zinc: 2.76mg (18.42%), Vitamin B12: 0.9µg (15.03%), Vitamin B5: 1.3mg (12.96%), Magnesium: 51.25mg (12.81%), Iron: 1.4mg (7.75%), Copper: 0.15mg (7.48%), Manganese: 0.14mg (7.1%), Vitamin C: 4.28mg (5.19%), Vitamin D: 0.68µg (4.54%), Fiber: 1.09g (4.34%), Vitamin E: 0.56mg (3.71%), Calcium: 31.9mg (3.19%), Vitamin K: 2.62µg (2.5%), Folate: 8.38µg (2.1%)