



Peppered Pork and Pears

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 purée of usa bartlett pear firm cored cut lengthwise into 1/2-inch-thick slices
- ☐ 1 teaspoon butter
- ☐ 0.3 cup fat-skimmed beef broth fat-free
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 cup leek thinly sliced (1 large)
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons pears
- ☐ 16 ounce pork loin chops boneless (1/)

- ☐ 0.5 teaspoon salt divided
- ☐ 0.3 cup wine
- ☐ 2 teaspoons peppercorns mixed black

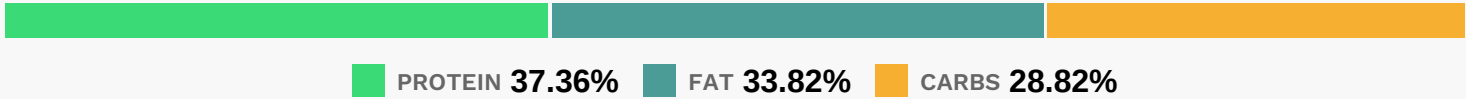
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle pork with pepper and 1/4 teaspoon salt.
- ☐ Add pork to pan; cook 4 minutes on each side or until browned.
- ☐ Remove pork from pan; cover and keep warm.
- ☐ Add butter and leek to pan; saut 2 minutes or until leek is tender.
- ☐ Add pears. Reduce heat to medium; cook about 2 minutes, stirring gently.
- ☐ Add broth, wine, brandy, chopped sage, and remaining 1/4 teaspoon salt; bring to a boil. Cook until sauce is slightly thickened (about 2 minutes). Spoon sauce over pork.
- ☐ Garnish with sage leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:51.69, Glycemic Load:5.89, Inflammation Score:-5, Nutrition Score:22.411738851796%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 288.19kcal (14.41%), Fat: 10.28g (15.82%), Saturated Fat: 3.64g (22.76%), Carbohydrates: 19.72g (6.57%), Net Carbohydrates: 15.67g (5.7%), Sugar: 10.4g (11.56%), Cholesterol: 78.66mg (26.22%), Sodium: 437.22mg (19.01%), Alcohol: 1.54g (100%), Alcohol %: 0.71% (100%), Protein: 25.56g (51.12%), Copper: 4.75mg (237.32%), Selenium: 38.41µg (54.87%), Vitamin B1: 0.79mg (52.68%), Vitamin B3: 9.45mg (47.26%), Vitamin B6: 0.92mg (45.85%), Manganese: 0.6mg (30.08%), Phosphorus: 283.86mg (28.39%), Vitamin K: 18.52µg (17.63%), Potassium: 613.82mg (17.54%), Fiber: 4.05g (16.21%), Vitamin B2: 0.25mg (14.94%), Zinc: 1.94mg (12.94%), Magnesium: 49.61mg (12.4%), Vitamin B12: 0.64µg (10.68%), Vitamin B5: 0.96mg (9.58%), Iron: 1.67mg (9.3%), Vitamin A: 445.48IU (8.91%), Vitamin C: 6.9mg (8.37%), Folate: 20.85µg (5.21%), Calcium: 51.92mg (5.19%), Vitamin E: 0.66mg (4.42%), Vitamin D: 0.45µg (3.02%)