



Pork-and-Pear Sauté with Lemon-Vodka Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound anjou pears cored peeled halved
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 2 teaspoons olive oil divided
- ☐ 0.5 teaspoon cracked pepper black divided
- ☐ 8 ounce boned center-cut loin pork chops (3/)
- ☐ 0.5 teaspoon salt divided

☐ 0.3 cup vodka dry white

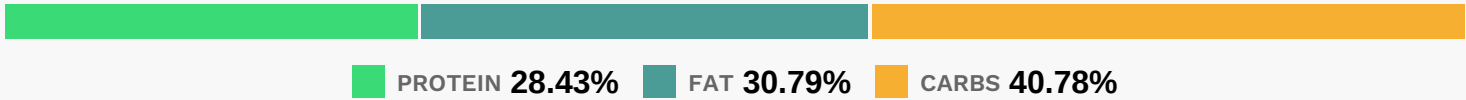
Equipment

☐ frying pan

Directions

- ☐ Heat 1 teaspoon olive oil in a 10-inch skillet over medium heat.
- ☐ Sprinkle the pork chops with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Add pork chops to skillet; saut 3 minutes on each side or until pork is done.
- ☐ Remove pork from pan, and keep warm.
- ☐ Heat 1 teaspoon oil in pan over medium heat.
- ☐ Place pear in pan, cut sides down. Saut 2 minutes on each side or until golden.
- ☐ Remove pear from pan, and keep warm. Stir in the vodka, scraping pan to loosen browned bits. Stir in 1/4 teaspoon salt, 1/4 teaspoon pepper, rind, juice, and chives, and cook for 1 minute.

Nutrition Facts



Properties

Glycemic Index:64.38, Glycemic Load:10.28, Inflammation Score:-5, Nutrition Score:18.666521922402%

Flavonoids

Cyanidin: 4.67mg, Cyanidin: 4.67mg, Cyanidin: 4.67mg, Cyanidin: 4.67mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg Epicatechin: 8.69mg, Epicatechin: 8.69mg, Epicatechin: 8.69mg, Epicatechin: 8.69mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 369.3kcal (18.46%), Fat: 12.24g (18.83%), Saturated Fat: 3.39g (21.21%), Carbohydrates: 36.48g (12.16%), Net Carbohydrates: 29.05g (10.56%), Sugar: 22.7g (25.23%), Cholesterol: 75.98mg (25.33%), Sodium: 639.99mg (27.83%), Alcohol: 3.09g (100%), Alcohol %: 1.01% (100%), Protein: 25.43g (50.86%), Selenium: 37.85µg (54.08%), Vitamin B1: 0.79mg (52.65%), Vitamin B3: 9.49mg (47.43%), Vitamin B6: 0.91mg (45.72%), Fiber: 7.43g (29.72%), Phosphorus: 291.4mg (29.14%), Potassium: 729.53mg (20.84%), Vitamin C: 16.11mg (19.52%), Vitamin B2: 0.28mg (16.39%), Vitamin K: 16.52µg (15.73%), Zinc: 2.05mg (13.63%), Copper: 0.26mg (13.16%), Magnesium: 50.61mg (12.65%), Manganese: 0.22mg (11.18%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.98mg (9.77%), Vitamin E: 1.02mg (6.8%), Iron: 1.18mg (6.55%), Folate: 19.6µg (4.9%), Calcium: 38.17mg (3.82%), Vitamin D: 0.45µg (3.02%), Vitamin A: 130.71IU (2.61%)