



Pork and Tomato Skillet Sauté



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 3 tablespoons basil fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 2 cups grape tomatoes
- ☐ 4 teaspoons olive oil divided
- ☐ 24 ounce pork loin chops bone-in trimmed (1/)
- ☐ 0.5 teaspoon salt divided

☐ 0.5 cup shallots thinly sliced

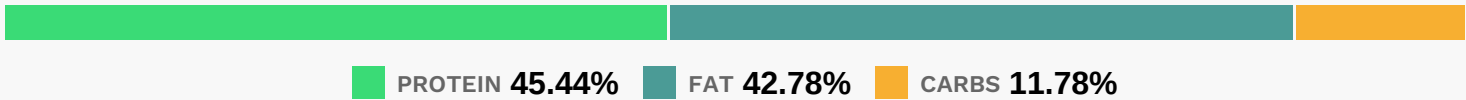
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 teaspoon oil; swirl to coat.
- ☐ Sprinkle chops evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Add pork to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Remove pork from pan.
- ☐ Add remaining 1 tablespoon oil, shallots, vinegar, and garlic to pan; saut 1 minute, scraping pan to loosen browned bits.
- ☐ Combine tomatoes, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper in a medium bowl; toss gently to coat.
- ☐ Add tomato mixture to pan; cook 2 minutes or until tomatoes begin to soften.
- ☐ Sprinkle with basil.
- ☐ Serve tomato mixture with pork.

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:2.83, Inflammation Score:-7, Nutrition Score:24.379565363345%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 343.96kcal (17.2%), Fat: 16.01g (24.63%), Saturated Fat: 4.75g (29.69%), Carbohydrates: 9.92g (3.31%), Net Carbohydrates: 7.97g (2.9%), Sugar: 5.5g (6.12%), Cholesterol: 113.97mg (37.99%), Sodium: 381.89mg (16.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.26g (76.52%), Selenium: 56.89µg (81.27%), Vitamin B1: 1.18mg (78.91%), Vitamin B6: 1.42mg (70.91%), Vitamin B3: 14.12mg (70.58%), Phosphorus: 425.09mg (42.51%), Potassium: 932.63mg (26.65%), Vitamin B2: 0.34mg (19.88%), Zinc: 2.92mg (19.47%), Vitamin C: 13.31mg (16.13%), Magnesium: 61.36mg (15.34%), Vitamin B12: 0.9µg (15.03%), Vitamin K: 15.19µg (14.47%), Vitamin A: 709.2IU (14.18%), Vitamin B5: 1.4mg (14.04%), Manganese: 0.27mg (13.43%), Copper: 0.18mg (9.06%), Iron: 1.59mg (8.81%), Vitamin E: 1.23mg (8.18%), Fiber: 1.96g (7.84%), Folate: 22.34µg (5.58%), Vitamin D: 0.68µg (4.54%), Calcium: 39.16mg (3.92%)