



Pork Chops Ala Tuscan

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 teaspoon pepper black
- ☐ 14.5 oz canned tomatoes diced organic undrained canned
- ☐ 1 tablespoon capers
- ☐ 0.3 cup chicken broth
- ☐ 1 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons basil fresh thinly sliced

- ☐ 2 teaspoons garlic finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 1.8 lb pork chops boneless
- ☐ 1 teaspoon salt

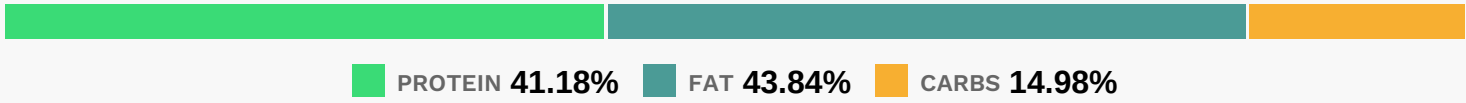
Equipment

- ☐ frying pan
- ☐ kitchen thermometer

Directions

- ☐ In shallow dish, mix flour, salt and pepper. In another shallow dish, beat egg with fork. Dip pork chops into egg, then coat with flour mixture.
- ☐ In 12-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Add pork chops; cook 2 to 3 minutes on each side or until golden brown.
- ☐ Remove pork from skillet; set aside.
- ☐ Place garlic in skillet; cook 1 minute, stirring constantly. Stir in tomatoes, broth, vinegar, basil and capers. Return pork chops to skillet. Bring to a boil. Reduce heat to medium-low. Cover; simmer 13 to 15 minutes or until pork is no longer pink and thermometer inserted in center reads 160F.
- ☐ To serve, spoon tomato mixture over pork chops.

Nutrition Facts



Properties

Glycemic Index:73.75, Glycemic Load:7.95, Inflammation Score:-6, Nutrition Score:30.483043442602%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 465.28kcal (23.26%), Fat: 22.26g (34.25%), Saturated Fat: 6.24g (38.99%), Carbohydrates: 17.11g (5.7%), Net Carbohydrates: 14.78g (5.37%), Sugar: 7.08g (7.86%), Cholesterol: 174.27mg (58.09%), Sodium: 960.24mg (41.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.05g (94.09%), Selenium: 72.66µg (103.8%), Vitamin B1: 1.47mg (98.3%), Vitamin B3: 17.66mg (88.28%), Vitamin B6: 1.64mg (81.92%), Phosphorus: 518.85mg (51.89%), Potassium: 1099.51mg (31.41%), Vitamin B2: 0.53mg (30.98%), Zinc: 3.61mg (24.09%), Magnesium: 79.41mg (19.85%), Vitamin B5: 1.95mg (19.48%), Vitamin B12: 1.15µg (19.23%), Vitamin E: 2.71mg (18.05%), Manganese: 0.36mg (17.99%), Iron: 3.17mg (17.61%), Copper: 0.34mg (17.25%), Vitamin K: 14.79µg (14.09%), Vitamin C: 10.19mg (12.35%), Fiber: 2.34g (9.35%), Folate: 34.05µg (8.51%), Vitamin A: 345.69IU (6.91%), Calcium: 68.07mg (6.81%), Vitamin D: 1.01µg (6.76%)