



Pork Chops and Sugar Snap Peas with Mint Julep Glaze

READY IN



20 min.

SERVINGS



2

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup beef broth
- ☐ 6 tablespoons bourbon divided
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon t brown sugar dark packed ()
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 servings ground allspice
- ☐ 2.8 inch pork chops
- ☐ 4 ounces sugar snap peas

☐ 0.3 teaspoon citrus champagne vinegar

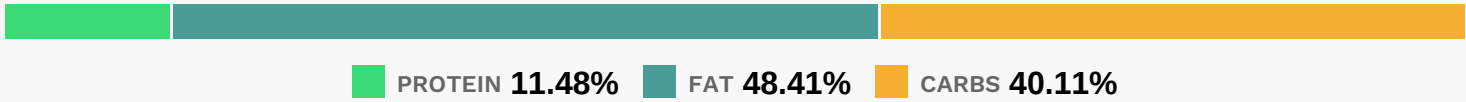
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Stir broth, 3 tablespoons bourbon, sugar, and vinegar in small bowl until sugar dissolves.
- ☐ Sprinkle pork with salt, pepper, and allspice. Melt butter in medium nonstick skillet over medium-high heat.
- ☐ Add pork. Sauté until just cooked through, about 4 minutes per side (butter will brown).
- ☐ Transfer pork to platter.
- ☐ Add bourbon mixture to skillet and bring to boil.
- ☐ Add sugar snap peas and cook until crisp-tender, about 2 minutes. Using slotted spoon, scatter peas over pork.
- ☐ Remove skillet from over heat.
- ☐ Add remaining 3 tablespoons bourbon to sauce in skillet. Boil over high heat until sauce is reduced to thin glaze and coats spoon lightly, about 3 minutes.
- ☐ Mix in mint; spoon over pork and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:0.08, Inflammation Score:-7, Nutrition Score:7.9891304594019%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg

0.3mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg

Nutrients (% of daily need)

Calories: 217.05kcal (10.85%), Fat: 6.3g (9.7%), Saturated Fat: 3.81g (23.82%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 9.62g (3.5%), Sugar: 8.09g (8.99%), Cholesterol: 17.39mg (5.8%), Sodium: 276.85mg (12.04%), Alcohol: 15.03g (100%), Alcohol %: 10.27% (100%), Protein: 3.36g (6.73%), Vitamin C: 36.2mg (43.88%), Vitamin A: 1035.74IU (20.71%), Vitamin K: 14.66µg (13.97%), Manganese: 0.25mg (12.62%), Iron: 1.72mg (9.56%), Fiber: 2.14g (8.56%), Folate: 32.06µg (8.01%), Vitamin B1: 0.12mg (7.88%), Vitamin B6: 0.13mg (6.73%), Vitamin B3: 1.23mg (6.14%), Potassium: 212.08mg (6.06%), Magnesium: 22.27mg (5.57%), Calcium: 55.2mg (5.52%), Phosphorus: 54.75mg (5.47%), Vitamin B5: 0.5mg (4.97%), Vitamin B2: 0.08mg (4.95%), Copper: 0.08mg (4.16%), Selenium: 2.14µg (3.06%), Vitamin E: 0.39mg (2.59%), Zinc: 0.31mg (2.04%), Vitamin B12: 0.07µg (1.21%)