



Pork Chops au Poivre

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon peppercorns black
- ☐ 2 inch pork chops bone in ()
- ☐ 0.3 cup cream sherry
- ☐ 0.3 cup heavy cream
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons vegetable oil

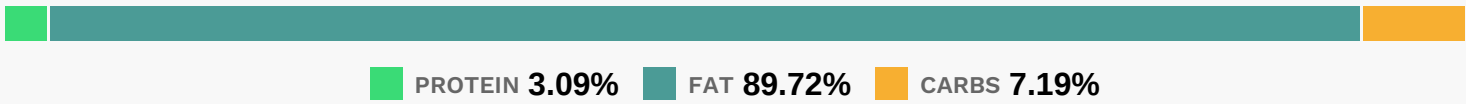
Equipment

- ☐ frying pan

Directions

- ☐ Coarsely crush peppercorns by gently pounding once or twice with a heavy skillet. Pat chops dry and sprinkle both sides evenly with salt and peppercorns, pressing to help them adhere.
- ☐ Heat 1 tablespoon oil in a 12-inch heavy skillet over moderate heat until hot but not smoking, then cook 2 chops, turning over once, until browned and just cooked through, 4 to 6 minutes total.
- ☐ Transfer to a plate and wipe out skillet. Cook remaining 2 chops in remaining tablespoon oil in same manner, transferring to plate. (Do not wipe out skillet after second batch.)
- ☐ Add Sherry to skillet and boil, scraping up any brown bits, until reduced by half, about 1 minute.
- ☐ Add cream and any meat juices accumulated on plate, then boil, stirring occasionally, until slightly thickened, about 2 minutes. Season sauce with salt and serve over chops.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:3.1243477923715%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 148.28kcal (7.41%), Fat: 14.16g (21.78%), Saturated Fat: 5.67g (35.45%), Carbohydrates: 2.55g (0.85%), Net Carbohydrates: 1.92g (0.7%), Sugar: 0.74g (0.82%), Cholesterol: 23.29mg (7.76%), Sodium: 588.67mg (25.59%), Alcohol: 1.54g (100%), Alcohol %: 4.17% (100%), Protein: 1.1g (2.19%), Manganese: 0.34mg (16.91%), Vitamin K: 17.29µg (16.47%), Vitamin A: 305.3IU (6.11%), Vitamin E: 0.77mg (5.11%), Vitamin B2: 0.05mg (2.73%), Calcium: 26.12mg (2.61%), Fiber: 0.63g (2.53%), Vitamin D: 0.32µg (2.16%), Phosphorus: 20.81mg (2.08%), Potassium: 67.19mg (1.92%), Magnesium: 7.5mg (1.87%), Copper: 0.04mg (1.86%), Iron: 0.32mg (1.76%), Selenium: 1.16µg (1.66%), Vitamin B6: 0.03mg (1.53%), Vitamin B5: 0.1mg (1.01%)