



Pork Chops in the Style of Beneventana: Costole di Maiale Beneventana

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 fennel fronds for garnish
- 2 teaspoons use regular fennel seeds wild
- 4 servings flour for dredging
- 3 cloves garlic crushed
- 2 tablespoons olive oil extra-virgin
- 4 center cut pork chops
- 4 servings salt and pepper

1 cup white wine

Equipment

frying pan

oven

Directions

Preheat the oven to 300 degrees F.

Season the pork chops with salt and pepper and dredge them in the flour.

In a 10 to 12-inch skillet, heat the oil until almost smoking.

Add the pork chops and cook 1 minute on each side, until evenly browned.

Sprinkle 1 teaspoon fennel seed on 1 side of the chops. Turn and sprinkle the remaining teaspoon on the other side.

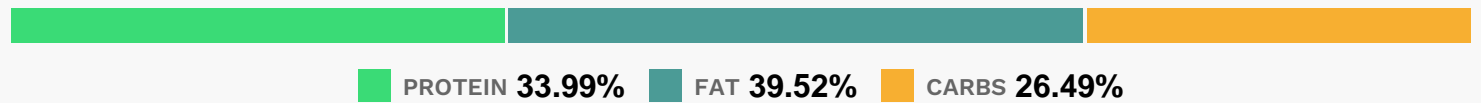
Add wine and garlic, and place in the oven and cook for 15 minutes, until just cooked through.

Remove the chops to a plate and keep warm. Over medium heat, cook until liquid is reduced by half.

Add the fennel fronds to the hot liquid and cook 1 minute more, allowing fronds to wilt.

Remove the garlic and pour the wine sauce over the chops, garnishing with the fennel fronds and wild fennel pollen.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:9.01, Inflammation Score:-7, Nutrition Score:31.651738799137%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg 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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 425.42kcal (21.27%), Fat: 17g (26.16%), Saturated Fat: 4.48g (27.99%), Carbohydrates: 25.63g (8.54%), Net Carbohydrates: 17.73g (6.45%), Sugar: 9.81g (10.91%), Cholesterol: 89.78mg (29.93%), Sodium: 384.34mg (16.71%), Alcohol: 6.18g (100%), Alcohol %: 1.76% (100%), Protein: 32.9g (65.79%), Vitamin K: 151.47µg (144.25%), Selenium: 48.91µg (69.88%), Vitamin B1: 0.99mg (65.84%), Vitamin B3: 12.79mg (63.93%), Vitamin B6: 1.15mg (57.44%), Phosphorus: 447.05mg (44.71%), Potassium: 1545.28mg (44.15%), Vitamin C: 28.99mg (35.14%), Manganese: 0.68mg (34.06%), Fiber: 7.9g (31.61%), Vitamin B2: 0.37mg (22.05%), Magnesium: 86.69mg (21.67%), Folate: 77.57µg (19.39%), Zinc: 2.73mg (18.22%), Iron: 3.15mg (17.52%), Vitamin E: 2.55mg (16.97%), Vitamin B5: 1.59mg (15.9%), Calcium: 146.79mg (14.68%), Copper: 0.26mg (13.01%), Vitamin B12: 0.71µg (11.84%), Vitamin A: 320.47IU (6.41%), Vitamin D: 0.54µg (3.57%)