



Pork Chops Marsala

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



275 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons bottled garlic minced
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 6 tablespoons flour all-purpose divided
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 0.3 cup marsala wine dry
- ☐ 8 ounce pre mushrooms
- ☐ 16 ounce center-cut loin pork chops boneless (1/)

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shallots minced (2)

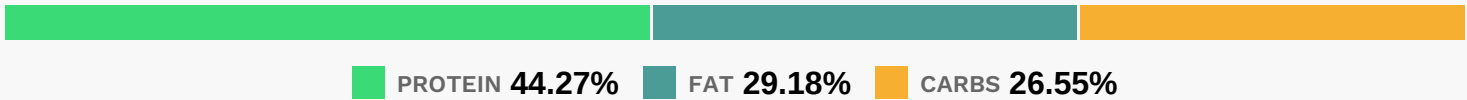
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Place 1/4 cup flour in a shallow dish. Dredge pork in flour. Coat pan with cooking spray.
- ☐ Add pork to pan; cook 4 minutes on each side or until browned.
- ☐ Remove pork from pan.
- ☐ Add shallots, garlic, and mushrooms to pan; saut 3 minutes or until moisture evaporates.
- ☐ Add remaining 2 tablespoons flour and thyme to pan, and cook for 1 minute, stirring well.
- ☐ Combine chicken broth and Marsala, stirring until smooth. Gradually add broth mixture to pan, stirring constantly with a whisk; bring to a boil. Reduce heat and simmer 2 minutes or until sauce thickens.
- ☐ Return pork to pan; cook 2 minutes or until desired degree of doneness, turning to coat.
- ☐ Sprinkle with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:7.72, Inflammation Score:-8, Nutrition Score:19.84086947467%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg,

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg 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: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 274.7kcal (13.74%), Fat: 8.32g (12.8%), Saturated Fat: 2.84g (17.73%), Carbohydrates: 17.03g (5.68%), Net Carbohydrates: 15.31g (5.57%), Sugar: 3.98g (4.43%), Cholesterol: 75.98mg (25.33%), Sodium: 439.2mg (19.1%), Alcohol: 2.3g (100%), Alcohol %: 1.05% (100%), Protein: 28.41g (56.82%), Selenium: 48.54µg (69.35%), Vitamin B1: 0.91mg (60.98%), Vitamin B3: 12.19mg (60.97%), Vitamin B6: 1mg (49.9%), Phosphorus: 341.7mg (34.17%), Vitamin B2: 0.52mg (30.56%), Potassium: 729.8mg (20.85%), Vitamin B5: 1.87mg (18.73%), Copper: 0.31mg (15.48%), Zinc: 2.28mg (15.21%), Manganese: 0.27mg (13.41%), Vitamin B12: 0.74µg (12.29%), Magnesium: 45.56mg (11.39%), Iron: 1.95mg (10.86%), Folate: 38.04µg (9.51%), Fiber: 1.73g (6.9%), Vitamin C: 5.15mg (6.24%), Vitamin D: 0.57µg (3.78%), Calcium: 31.31mg (3.13%), Vitamin E: 0.17mg (1.14%), Vitamin A: 53.74IU (1.07%)