



Pork Chops Pizzaiola

 **Gluten Free**  **Dairy Free**

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

476 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 4 pork chops bone-in
- ☐ 2 cups chicken stock see
- ☐ 1 teaspoon fennel seed
- ☐ 1 large clove garlic crushed
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 medium onion chopped
- ☐ 2 sprigs oregano dried fresh chopped

- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 1 cup red wine
- ☐ 0.3 cup tomato paste

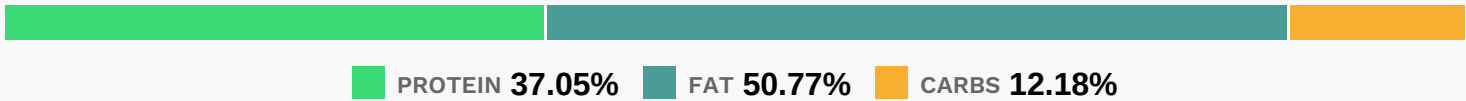
Equipment

- ☐ frying pan

Directions

- ☐ Season chops with salt and pepper.
- ☐ Heat the extra-virgin olive oil in large skillet over medium-high heat.
- ☐ Add the crushed garlic and stir it around to flavor the oil.
- ☐ Add in the chops and caramelize on both sides, 2 to 3 minutes per side.
- ☐ Remove the chops to a plate and reserve. Stir in the fennel seed, onions, red pepper flakes, and oregano. Reduce the heat and cook for 7 to 8 minutes.
- ☐ Add the tomato paste, and cook for 1 minute, then add the wine, and cook for another minute. Stir in the stock and combine well. Slide the chops back into the pan, cover and simmer to finish cooking the chops, about 5 to 6 minutes. Arrange the chops and sauce on a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:1.99, Inflammation Score:-9, Nutrition Score:24.748260643171%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin:

0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 475.81kcal (23.79%), Fat: 24.05g (36.99%), Saturated Fat: 6.48g (40.53%), Carbohydrates: 12.98g (4.33%), Net Carbohydrates: 11g (4%), Sugar: 5.51g (6.13%), Cholesterol: 120.56mg (40.19%), Sodium: 406.87mg (17.69%), Alcohol: 6.36g (100%), Alcohol %: 2% (100%), Protein: 39.47g (78.95%), Selenium: 61.31µg (87.59%), Vitamin B3: 13.93mg (69.63%), Vitamin B6: 1.39mg (69.5%), Vitamin B1: 0.9mg (59.75%), Phosphorus: 428.74mg (42.87%), Potassium: 1025mg (29.29%), Vitamin B2: 0.49mg (28.6%), Zinc: 3.48mg (23.19%), Magnesium: 69.73mg (17.43%), Vitamin E: 2.33mg (15.55%), Iron: 2.75mg (15.28%), Vitamin B12: 0.9µg (14.97%), Manganese: 0.29mg (14.62%), Copper: 0.27mg (13.45%), Vitamin K: 13.59µg (12.95%), Vitamin B5: 1.29mg (12.88%), Vitamin A: 431.79IU (8.64%), Fiber: 1.98g (7.91%), Calcium: 78.3mg (7.83%), Vitamin C: 6.23mg (7.55%), Vitamin D: 0.85µg (5.65%), Folate: 16.34µg (4.08%)