



Pork Chops Saltimbocca with Sautéed Spinach

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices fontina italian very thin
- ☐ 1 large garlic clove finely chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil divided
- ☐ 2 pork chops 1-inch-thick ()
- ☐ 1 ounce pancetta thin
- ☐ 2 sage finely chopped

- ☐ 10 ounces pkt spinach fresh
- ☐ 2 tablespoons butter unsalted cut into pieces

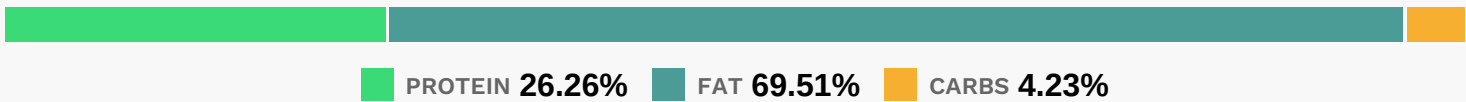
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 450°F with rack in middle.
- ☐ Cut a deep, wide pocket in each pork chop.
- ☐ Sprinkle half of sage into each pocket and stuff pockets with cheese and prosciutto. Pat chops dry and season with 1/4 teaspoon each of salt and pepper (total).
- ☐ Heat 1 tablespoon oil in a 12-inch ovenproof heavy skillet over medium-high heat until it shimmers. Cook chops until undersides are golden, about 2 minutes, then turn chops and transfer skillet to oven. Roast until cooked through, about 5 minutes.
- ☐ While chops cook, heat remaining tablespoon oil in a 5-quart pot over medium heat until it shimmers. Sauté garlic until pale golden, about 30 seconds.
- ☐ Add spinach and cook, covered, stirring occasionally, until wilted, about 3 minutes. Season with salt.
- ☐ Transfer chops to a platter.
- ☐ Add butter and lemon juice to hot skillet, stirring and scraping up brown bits, then pour sauce over pork.
- ☐ Serve pork with spinach.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:0.91, Inflammation Score:-10, Nutrition Score:44.291738904041%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 9.05mg, Kaempferol: 9.05mg, Kaempferol: 9.05mg, Kaempferol: 9.05mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 636.41kcal (31.82%), Fat: 49.57g (76.26%), Saturated Fat: 19.76g (123.51%), Carbohydrates: 6.79g (2.26%), Net Carbohydrates: 3.61g (1.31%), Sugar: 1.24g (1.38%), Cholesterol: 161.72mg (53.91%), Sodium: 496.29mg (21.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.13g (84.26%), Vitamin K: 694.8µg (661.72%), Vitamin A: 13908.36IU (278.17%), Selenium: 53.04µg (75.77%), Vitamin B1: 1.05mg (70.33%), Folate: 278.64µg (69.66%), Vitamin B6: 1.33mg (66.63%), Manganese: 1.32mg (65.85%), Vitamin B3: 12.37mg (61.83%), Vitamin C: 43.2mg (52.37%), Phosphorus: 495.86mg (49.59%), Potassium: 1354.17mg (38.69%), Magnesium: 153.62mg (38.4%), Vitamin E: 5.54mg (36.94%), Vitamin B2: 0.59mg (34.82%), Calcium: 311.35mg (31.13%), Zinc: 4.01mg (26.73%), Iron: 4.75mg (26.4%), Vitamin B12: 1.28µg (21.25%), Copper: 0.4mg (20.16%), Vitamin B5: 1.3mg (12.99%), Fiber: 3.18g (12.7%), Vitamin D: 0.97µg (6.47%)