



Pork Chops Scarpariello

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pork chops bone-in 1-inch-thick () (2 pounds total)
- 4 pickled cherry peppers fresh green red finely chopped
- 0.5 cup wine dry white
- 0.3 cup flat parsley coarsely chopped
- 5 garlic clove divided finely chopped
- 1 teaspoon juice of lemon fresh
- 0.5 cup chicken broth reduced-sodium
- 3 tablespoons olive oil extra virgin extra-virgin divided

- 1 medium onion chopped
- 2 bell pepper red
- 1 teaspoon rosemary finely chopped
- 2 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- plastic wrap
- aluminum foil
- tongs
- broiler pan

Directions

- Roast bell peppers on racks of gas burners over high heat (or on rack of a broiler pan about 2 inches from heat), turning with tongs, until skins are blackened, 10 to 12 minutes.
- Transfer to a large bowl and tightly cover with plastic wrap.
- Let stand, covered, 20 minutes. Peel, then halve lengthwise, discarding stems and seeds.
- Cut peppers into 1-inch pieces.
- While peppers stand, mince and mash half of garlic to a paste with 3/4 teaspoon salt.
- Combine with rosemary, 1 tablespoon oil, and 1/2 teaspoon pepper. Rub onto chops.
- Heat remaining 2 tablespoons oil in a large heavy nonstick skillet over medium-high heat until it shimmers. Sauté pork, turning once, until pale golden in spots and just cooked through, 4 to 6 minutes.
- Transfer to a plate and keep warm, loosely covered with foil.
- Add roasted peppers to skillet with onion, remaining garlic, cherry peppers, and 1/4 teaspoon salt. Cook, stirring occasionally, until onion is softened, 5 to 6 minutes.
- Add wine and broth and boil until liquid is reduced to a glaze, about 5 minutes.
- Add meat juices from plate and remove skillet from heat.

Add butter, stirring until incorporated. Stir in lemon juice, parsley, and salt to taste and spoon over chops.

Nutrition Facts

PROTEIN 31.05% **FAT 60.24%** **CARBS 8.71%**

Properties

Glycemic Index:51.5, Glycemic Load:1.82, Inflammation Score:-9, Nutrition Score:31.665217523989%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 501.74kcal (25.09%), Fat: 31.92g (49.11%), Saturated Fat: 10.23g (63.92%), Carbohydrates: 10.37g (3.46%), Net Carbohydrates: 7.69g (2.8%), Sugar: 4.1g (4.55%), Cholesterol: 132.01mg (44%), Sodium: 369.55mg (16.07%), Alcohol: 3.09g (100%), Alcohol %: 1.08% (100%), Protein: 37.02g (74.04%), Vitamin C: 84.85mg (102.85%), Selenium: 58.13µg (83.04%), Vitamin B6: 1.46mg (72.83%), Vitamin K: 71.52µg (68.11%), Vitamin B3: 12.35mg (61.75%), Vitamin B1: 0.88mg (58.66%), Vitamin A: 2365.69IU (47.31%), Phosphorus: 401.66mg (40.17%), Potassium: 832.87mg (23.8%), Vitamin B2: 0.4mg (23.66%), Zinc: 3.35mg (22.35%), Vitamin E: 2.86mg (19.04%), Vitamin B12: 0.94µg (15.66%), Vitamin B5: 1.48mg (14.76%), Magnesium: 58.64mg (14.66%), Manganese: 0.22mg (10.93%), Fiber: 2.68g (10.73%), Iron: 1.89mg (10.5%), Folate: 39.24µg (9.81%), Copper: 0.16mg (8.11%), Vitamin D: 0.95µg (6.35%), Calcium: 60.72mg (6.07%)