



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 cherry peppers fresh green red finely chopped
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup flat-leaf parsley coarsely chopped
- ☐ 5 garlic cloves divided finely chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup chicken broth reduced-sodium
- ☐ 3 tablespoons olive oil extra-virgin divided

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

Equipment

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

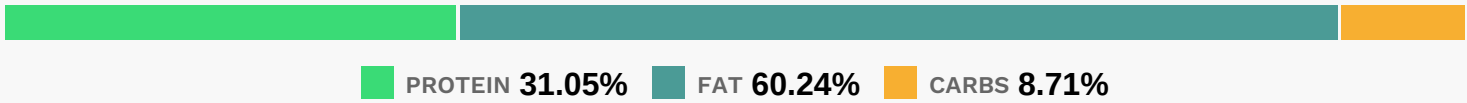
Directions

- ☐ 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.

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

Nutrition Facts



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%)