



Pork Chops Smothered with Peppers and Onions

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pork chops bone-in thick at room temperature
- ☐ 1.5 cups chicken stock see
- ☐ 3 tablespoons evoo
- ☐ 1 teaspoon fennel seeds
- ☐ 4 cloves garlic
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 large onion

- ☐ 1 to 2 cubanelle peppers
- ☐ 1 bell pepper red seeded
- ☐ 1 chile pepper red
- ☐ 0.5 cup red wine dry white
- ☐ 2 tablespoons tomato paste

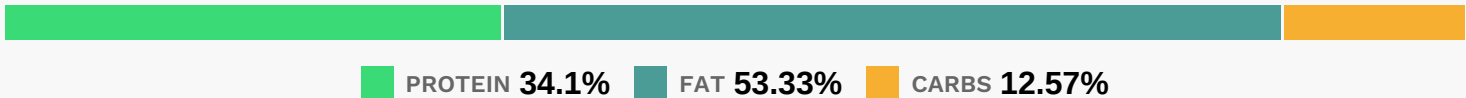
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Sprinkle the chops with liberal amounts of salt and black pepper.
- ☐ Heat 2 tablespoons of the EVOO in a large skillet over medium-high to high heat. When the oil begins to smoke, add the chops and brown on both sides, 3 to 4 minutes per side.
- ☐ While the chops cook, slice the garlic, onion and peppers.
- ☐ Remove the chops from the skillet and add the remaining tablespoon oil. Then add the fennel seeds, garlic, onions and peppers and toss to soften, 5 minutes. Next, add the tomato paste and stir 1 minute. Deglaze the pan with the wine, add the stock and stir. Nest the pork into the pan and move the peppers and onions on top of the meat.
- ☐ Place in the oven and roast to an internal temperature of 165 degrees F, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:2.55, Inflammation Score:-9, Nutrition Score:30.10956529949%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 485.06kcal (24.25%), Fat: 27.24g (41.91%), Saturated Fat: 6.88g (43%), Carbohydrates: 14.46g (4.82%), Net Carbohydrates: 11.91g (4.33%), Sugar: 6.76g (7.51%), Cholesterol: 119.65mg (39.88%), Sodium: 292.1mg (12.7%), Alcohol: 3.18g (100%), Alcohol %: 0.96% (100%), Protein: 39.19g (78.38%), Vitamin C: 83.91mg (101.71%), Selenium: 60.46µg (86.37%), Vitamin B6: 1.57mg (78.28%), Vitamin B3: 13.62mg (68.12%), Vitamin B1: 0.93mg (61.76%), Phosphorus: 428.68mg (42.87%), Potassium: 1022.85mg (29.22%), Vitamin B2: 0.48mg (28.06%), Vitamin A: 1286.36IU (25.73%), Zinc: 3.48mg (23.19%), Vitamin E: 2.76mg (18.37%), Magnesium: 68.66mg (17.17%), Manganese: 0.31mg (15.51%), Vitamin B12: 0.9µg (14.97%), Vitamin B5: 1.43mg (14.25%), Copper: 0.26mg (12.87%), Iron: 2.27mg (12.61%), Vitamin K: 13.13µg (12.51%), Fiber: 2.55g (10.21%), Folate: 32.24µg (8.06%), Calcium: 67.4mg (6.74%), Vitamin D: 0.85µg (5.65%)