

# Pork Chops with a Riesling Peach Sauce

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon brown sugar
- 1 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 1 tablespoon olive oil
- 3 peaches pitted ripe cut into 12 wedges each
- 4 pork chops boneless
- 4 servings salt and pepper black to taste
- 1 cup cooking wine

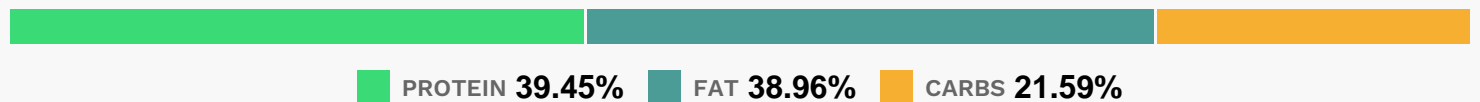
## Equipment

- frying pan
- baking sheet
- oven
- wooden spoon
- kitchen thermometer
- aluminum foil

## Directions

- Preheat an oven to 350 degrees F (175 degrees C). Cover a baking sheet with aluminum foil.
- Heat the olive oil in a large skillet over medium-high heat. Season the pork chops with salt and pepper. Brown the pork chops in the hot oil until golden brown on both sides, about 3 minutes per side.
- Place the pork chops on the prepared baking sheet and bake in the preheated oven until the pork is no longer pink in the center, about 20 minutes. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).
- While the pork chops are baking, pour the Riesling wine into the skillet, and bring to a simmer, using a wooden spoon to scrape up all of the browned bits of pork. Simmer until the wine has reduced to half its original volume then add the peaches and sprinkle in the cinnamon, nutmeg, and brown sugar. Reduce the heat to medium, and cook until the peaches are tender but not mushy, about 15 minutes. Spoon the peach sauce over the pork chops to serve.

## Nutrition Facts



## Properties

Glycemic Index:32.56, Glycemic Load:4.17, Inflammation Score:-6, Nutrition Score:18.96304322844%

## Flavonoids

Cyanidin: 2.16mg, Cyanidin: 2.16mg, Cyanidin: 2.16mg, Cyanidin: 2.16mg Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg

Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg,  
Epigallocatechin 3-gallate: 0.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol:  
0.25mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

## **Nutrients (% of daily need)**

Calories: 348.98kcal (17.45%), Fat: 13.15g (20.24%), Saturated Fat: 3.82g (23.88%), Carbohydrates: 16.4g (5.47%),  
Net Carbohydrates: 14.42g (5.24%), Sugar: 12.87g (14.3%), Cholesterol: 89.78mg (29.93%), Sodium: 276.71mg  
(12.03%), Alcohol: 6.24g (100%), Alcohol %: 2.52% (100%), Protein: 29.97g (59.95%), Selenium: 46.89µg (66.99%),  
Vitamin B1: 0.92mg (61.62%), Vitamin B3: 11.72mg (58.61%), Vitamin B6: 1.04mg (51.78%), Phosphorus: 340.3mg  
(34.03%), Potassium: 703.13mg (20.09%), Vitamin B2: 0.3mg (17.46%), Zinc: 2.43mg (16.18%), Magnesium: 51.24mg  
(12.81%), Manganese: 0.25mg (12.29%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.17mg (11.74%), Vitamin E: 1.51mg  
(10.07%), Copper: 0.17mg (8.58%), Fiber: 1.98g (7.92%), Iron: 1.36mg (7.57%), Vitamin A: 373.71IU (7.47%), Vitamin C:  
4.64mg (5.62%), Vitamin K: 5.64µg (5.37%), Vitamin D: 0.54µg (3.57%), Calcium: 26.57mg (2.66%), Folate: 7.51µg  
(1.88%)