



Pork chops with aubergine



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 medium eggplant cut into small cubes
- ☐ 1 tbsp balsamic vinegar
- ☐ 1 tsp sugar
- ☐ 400 g canned tomatoes with garlic chopped canned
- ☐ 1 handful basil
- ☐ 4 pork chops boneless

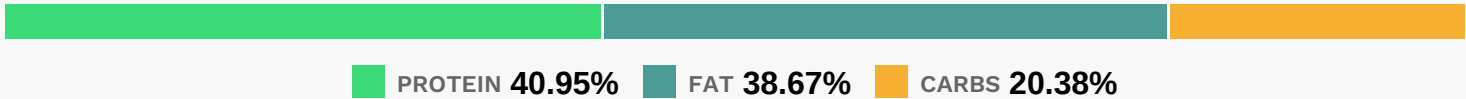
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Heat the oil in a large saucepan, tip in the aubergine then fry over a medium heat for 5 mins until soft and golden.
- ☐ Pour in the vinegar. Once the bubbling subsides, stir in the sugar, followed by the tomatoes, basil and seasoning to taste. Stir well and cook over high heat for 5 mins, until the sauce has thickened.
- ☐ Meanwhile, heat the grill to medium and season the pork.
- ☐ Place the chops under the grill for 15 mins, turning halfway, until golden and cooked through.
- ☐ Serve the chops with the aubergines on the side.

Nutrition Facts



Properties

Glycemic Index:64.52, Glycemic Load:4.11, Inflammation Score:-6, Nutrition Score:23.815217629723%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 306.94kcal (15.35%), Fat: 13.29g (20.45%), Saturated Fat: 3.85g (24.03%), Carbohydrates: 15.76g (5.25%), Net Carbohydrates: 10.42g (3.79%), Sugar: 10.09g (11.21%), Cholesterol: 89.78mg (29.93%), Sodium: 199.63mg (8.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.67g (63.35%), Vitamin B1: 1.01mg (67.57%), Selenium: 45.31µg (64.72%), Vitamin B3: 12.67mg (63.37%), Vitamin B6: 1.22mg (60.99%), Phosphorus: 363.36mg (36.34%), Potassium: 1061.04mg (30.32%), Manganese: 0.47mg (23.45%), Fiber: 5.34g (21.37%), Vitamin B2: 0.34mg (20.17%), Magnesium: 71.67mg (17.92%), Copper: 0.35mg (17.69%), Zinc: 2.54mg (16.92%), Vitamin B5: 1.58mg (15.75%), Vitamin E: 2.28mg (15.17%), Vitamin C: 11.81mg (14.31%), Vitamin K: 13.49µg (12.85%), Iron: 2.3mg (12.77%), Vitamin B12: 0.71µg (11.84%), Folate: 38.53µg (9.63%), Calcium: 55.7mg (5.57%), Vitamin A: 273.07IU (5.46%), Vitamin D: 0.54µg (3.57%)