



Pork Chops with Bourbon-Peach Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon bottled garlic minced
- ☐ 2 tablespoons bourbon
- ☐ 2 teaspoons brown sugar
- ☐ 2 teaspoons butter
- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1.5 cups peaches frozen sliced
- ☐ 16 ounce pork loin chops boneless (1/)

- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon shallots minced
- ☐ 2 thyme sprigs

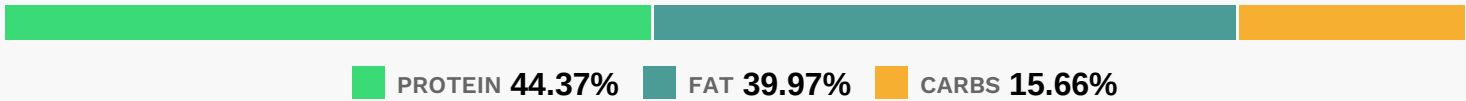
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle pork with salt and peppers.
- ☐ Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork to pan; cook 2 1/2 minutes on each side or until browned.
- ☐ Remove pork from pan; keep warm.
- ☐ Add shallots and garlic to pan; saut 30 seconds.
- ☐ Add peaches and broth to pan; saut 2 minutes.
- ☐ Add sugar and thyme to pan; cook 1 minute.
- ☐ Add bourbon and butter to pan; cook 4 1/2 minutes or until butter melts and sauce is slightly thickened. Discard thyme sprigs.
- ☐ Serve with pork.

Nutrition Facts



Properties

Glycemic Index:68.56, Glycemic Load:2.27, Inflammation Score:-7, Nutrition Score:15.052608614383%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.13mg, Kaempferol: 0.13mg,

Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 248.89kcal (12.44%), Fat: 10.14g (15.61%), Saturated Fat: 4.08g (25.52%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 7.83g (2.85%), Sugar: 7.05g (7.84%), Cholesterol: 81.35mg (27.12%), Sodium: 631.35mg (27.45%), Alcohol: 2.51g (100%), Alcohol %: 1.46% (100%), Protein: 25.34g (50.67%), Selenium: 39.65µg (56.64%), Vitamin B1: 0.78mg (51.84%), Vitamin B3: 9.72mg (48.61%), Vitamin B6: 0.87mg (43.6%), Phosphorus: 277.59mg (27.76%), Potassium: 526.03mg (15.03%), Vitamin B2: 0.24mg (14.14%), Zinc: 1.94mg (12.94%), Vitamin B12: 0.66µg (11.03%), Vitamin B5: 0.97mg (9.71%), Magnesium: 36.67mg (9.17%), Vitamin A: 331.94IU (6.64%), Copper: 0.13mg (6.38%), Iron: 0.98mg (5.47%), Manganese: 0.11mg (5.26%), Vitamin C: 3.85mg (4.67%), Vitamin E: 0.67mg (4.45%), Fiber: 1.11g (4.43%), Vitamin D: 0.45µg (3.02%), Vitamin K: 2.25µg (2.15%), Calcium: 19.86mg (1.99%), Folate: 5.11µg (1.28%)