



# Pork Chops with Caramelized Onions and Peppers

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup butter
- 2 tablespoons butter
- 0.5 cup chicken broth
- 0.7 cup flour all-purpose
- 1 teaspoon thyme leaves fresh chopped
- 3 medium onions thinly sliced
- 0.5 teaspoon pepper divided

- 7.5 inch pork loin chops boneless
- 15 ounce roasted bell peppers red drained chopped
- 0.5 teaspoon salt divided

## Equipment

- frying pan
- oven
- baking pan

## Directions

- Melt 1/4 cup butter in a large skillet over medium heat; add onions, and saut 15 minutes or until golden and tender.
- Add bourbon, if desired, and stir occasionally for 5 minutes or until onions caramelize or begin to turn golden brown.
- Remove from heat; stir in red peppers, thyme, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
- Remove mixture from skillet, and set aside.
- Sprinkle pork chops with remaining salt and pepper; dredge in flour.
- Melt 2 tablespoons butter in skillet over medium-high heat; add pork chops, and cook 4 minutes on each side or until browned.
- Remove from skillet, and place in a lightly greased 13- x 9-inch baking dish.
- Add chicken broth to skillet, and cook over high heat 2 minutes, stirring to loosen particles from bottom of skillet. Spoon onion mixture and remaining pan juices over meat.
- Bake, covered, at 375 for 25 to 30 minutes.
- Note: For testing purposes only, we used Woodford Reserve Distiller's Select Bourbon.

## Nutrition Facts



## Properties

Glycemic Index:29.83, Glycemic Load:8.84, Inflammation Score:-8, Nutrition Score:8.3760870597933%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

## Nutrients (% of daily need)

Calories: 192.99kcal (9.65%), Fat: 11.96g (18.39%), Saturated Fat: 2.48g (15.51%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 16.65g (6.06%), Sugar: 2.45g (2.73%), Cholesterol: 2.39mg (0.8%), Sodium: 1374mg (59.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.21%), Vitamin C: 37.59mg (45.56%), Vitamin A: 892.03IU (17.84%), Manganese: 0.32mg (15.79%), Folate: 47.53µg (11.88%), Vitamin B1: 0.17mg (11.47%), Vitamin B6: 0.23mg (11.26%), Fiber: 2.25g (9%), Selenium: 6.16µg (8.8%), Iron: 1.43mg (7.97%), Vitamin B2: 0.13mg (7.61%), Vitamin B3: 1.51mg (7.55%), Copper: 0.14mg (7.13%), Potassium: 224.25mg (6.41%), Phosphorus: 56.92mg (5.69%), Calcium: 51.18mg (5.12%), Magnesium: 18.62mg (4.66%), Vitamin E: 0.47mg (3.14%), Zinc: 0.4mg (2.65%), Vitamin B5: 0.2mg (1.96%)