



Pork Chops with Cherry Preserves Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon balsamic vinegar
- 0.3 teaspoon pepper black divided freshly ground
- 1 cup cherry preserves
- 16 ounce loin pork chops boneless
- 0.5 teaspoon salt divided

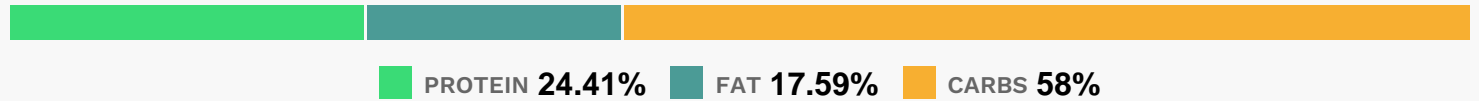
Equipment

- frying pan

Directions

- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Sprinkle pork with 1/4 teaspoon salt and 1/8 teaspoon black pepper.
- Add pork to pan; cook 4 minutes on each side or until browned.
- Remove pork from pan, and keep warm.
- Add preserves, vinegar, remaining 1/4 teaspoon salt, and remaining 1/8 teaspoon pepper to pan. Cook 30 seconds, scraping pan to loosen browned bits.
- Serve with pork.
- Garnish with chopped chives, if desired.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:31.82, Inflammation Score:-2, Nutrition Score:14.356956602763%

Nutrients (% of daily need)

Calories: 413.48kcal (20.67%), Fat: 7.93g (12.21%), Saturated Fat: 2.79g (17.43%), Carbohydrates: 58.86g (19.62%), Net Carbohydrates: 57.89g (21.05%), Sugar: 41.41g (46.01%), Cholesterol: 75.98mg (25.33%), Sodium: 372.63mg (16.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.77g (49.54%), Selenium: 39.24µg (56.06%), Vitamin B1: 0.77mg (51.34%), Vitamin B3: 9.09mg (45.45%), Vitamin B6: 0.84mg (42.03%), Phosphorus: 272.86mg (27.29%), Vitamin B2: 0.27mg (16.15%), Potassium: 491.55mg (14.04%), Zinc: 1.81mg (12.08%), Vitamin B12: 0.6µg (10.02%), Vitamin C: 7.48mg (9.07%), Vitamin B5: 0.84mg (8.43%), Magnesium: 33.25mg (8.31%), Copper: 0.15mg (7.54%), Iron: 1.01mg (5.6%), Fiber: 0.97g (3.87%), Vitamin D: 0.45µg (3.02%), Manganese: 0.06mg (3.01%), Calcium: 26.01mg (2.6%), Folate: 9.37µg (2.34%), Vitamin E: 0.25mg (1.67%)