



Pork Chops with Cherry Sauce

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon balsamic vinegar
- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon coriander seeds crushed
- 1 cup cherries fresh pitted halved
- 0.8 teaspoon ground mustard
- 1.3 teaspoons kosher salt
- 2 teaspoons olive oil
- 2 pork loin chops bone-in 1-inch-thick ()

- 0.3 cup port wine
- 0.5 medium shallots finely chopped

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- oven
- kitchen thermometer

Directions

- Heat the oil in a small saucepan over medium heat until shimmering.
- Add the shallot and season with salt. Cook, stirring occasionally, until softened and golden brown, about 3 minutes. Stir in the cherries, port, and vinegar and cook until the cherries begin to soften and the port has reduced by half, about 10 minutes. While the sauce reduces, start cooking the pork chops. When the sauce is finished, remove it from the heat and set it aside. For the pork chops: Rinse the chops and pat them dry with paper towels.
- Place the salt, coriander, mustard, and pepper in a small bowl and mix until evenly combined. Rub all of the spice mixture all over the pork chops.
- Heat the oil in a large, oven-safe frying pan over medium-high heat until shimmering.
- Add the chops and cook, undisturbed, until the bottoms are golden brown, about 4 minutes. Flip the chops over and place the pan in the oven.
- Bake until the chops are golden brown on the second side and the temperature registers 145°F on an instant-read thermometer inserted into the thickest part of each chop, about 7 to 10 minutes.
- Place the chops on warm plates and let them rest 2 to 3 minutes. Spoon the reserved sauce over top and serve.

Nutrition Facts



■ PROTEIN 28.87% ■ FAT 26.48% ■ CARBS 44.65%

Properties

Glycemic Index:56, Glycemic Load:0.53, Inflammation Score:-9, Nutrition Score:20.140434765297%

Flavonoids

Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 514.53kcal (25.73%), Fat: 13.77g (21.19%), Saturated Fat: 3.87g (24.17%), Carbohydrates: 52.24g (17.41%), Net Carbohydrates: 45.7g (16.62%), Sugar: 35.41g (39.34%), Cholesterol: 89.78mg (29.93%), Sodium: 1532.99mg (66.65%), Alcohol: 6.12g (100%), Alcohol %: 3.06% (100%), Protein: 33.78g (67.55%), Selenium: 46.48µg (66.4%), Vitamin B1: 0.91mg (60.91%), Vitamin B3: 10.86mg (54.32%), Vitamin B6: 1mg (49.94%), Vitamin A: 2160.09IU (43.2%), Phosphorus: 321.76mg (32.18%), Fiber: 6.54g (26.16%), Potassium: 585.48mg (16.73%), Vitamin B2: 0.26mg (15.42%), Zinc: 2.23mg (14.9%), Iron: 2.16mg (11.98%), Vitamin B12: 0.71µg (11.84%), Magnesium: 47.02mg (11.75%), Vitamin B5: 1.02mg (10.18%), Manganese: 0.18mg (9.17%), Calcium: 82.35mg (8.24%), Copper: 0.12mg (6.08%), Vitamin E: 0.8mg (5.31%), Vitamin D: 0.54µg (3.57%), Vitamin K: 3.32µg (3.16%)