



Pork Chops with Cranberry Balsamic Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 2 tablespoons butter
- 1.8 cups chicken stock see swanson®
- 0.5 cup cranberries dried
- 2 cloves garlic thinly sliced
- 4 servings lemon pepper seasoning
- 4 pork chops boneless

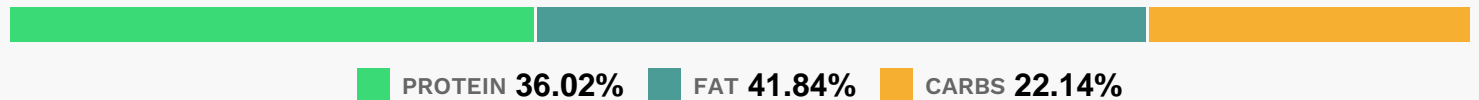
Equipment

frying pan

Directions

- Season the pork with the lemon pepper. Cook the pork in a 10-inch nonstick skillet over medium heat for 20 minutes or until it's well browned on both sides and cooked through.
- Remove the pork from the skillet and keep warm.
- Heat 1 tablespoon butter in the skillet.
- Add the garlic and cook until it's tender. Stir the stock, vinegar and cranberries in the skillet and heat to a boil. Cook for 10 minutes or until the sauce is slightly thickened.
- Stir in the remaining butter.
- Serve the pork with the sauce.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:1.51, Inflammation Score:-3, Nutrition Score:17.67652161225%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 358.87kcal (17.94%), Fat: 16.41g (25.25%), Saturated Fat: 7.23g (45.21%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 18.67g (6.79%), Sugar: 15.06g (16.73%), Cholesterol: 107.98mg (35.99%), Sodium: 264.18mg (11.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.79g (63.58%), Selenium: 47.04µg (67.2%), Vitamin B1: 0.94mg (62.4%), Vitamin B3: 12.46mg (62.3%), Vitamin B6: 1.06mg (53.09%), Phosphorus: 339.56mg (33.96%), Vitamin B2: 0.35mg (20.33%), Potassium: 644.37mg (18.41%), Zinc: 2.28mg (15.18%), Vitamin B12: 0.72µg (12.03%), Magnesium: 42.24mg (10.56%), Vitamin B5: 1.03mg (10.25%), Copper: 0.15mg (7.56%), Iron: 1.1mg (6.12%), Manganese: 0.11mg (5.41%), Vitamin E: 0.69mg (4.59%), Vitamin A: 184.12IU (3.68%), Vitamin D: 0.54µg (3.57%), Fiber: 0.86g (3.44%), Calcium: 23.03mg (2.3%), Vitamin K: 2.04µg (1.94%), Folate: 5.52µg (1.38%)