



Pork Chops with Cranberry, Port, and Rosemary Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 2.8 teaspoons rosemary fresh divided minced
- ☐ 0.8 cup low-salt chicken broth
- ☐ 4 pork rib chops 1-inch-thick
- ☐ 0.8 cup tawny port
- ☐ 1 cup cranberry sauce leftover

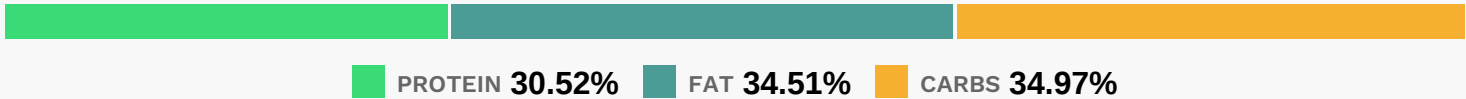
Equipment

☐ frying pan

Directions

- ☐ Sprinkle pork chops with salt, pepper, and 1 teaspoon rosemary. Melt butter in heavy large skillet over medium heat until beginning to brown.
- ☐ Add pork chops and cook until browned and cooked through, about 5 minutes per side.
- ☐ Transfer to platter; cover to keep warm.
- ☐ Add broth, Port, and remaining 1 3/4 teaspoons rosemary to same skillet and boil until liquid is slightly reduced, about 4 minutes.
- ☐ Add cranberry sauce; bring to boil, then reduce heat to medium and simmer until sauce is thickened, about 7 minutes. Season sauce with salt and pepper. Spoon sauce over pork chops and serve.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:16.793913172639%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Petunidin: 2.98mg, Petunidin: 2.98mg, Petunidin: 2.98mg, Petunidin: 2.98mg Delphinidin: 1.77mg, Delphinidin: 1.77mg, Delphinidin: 1.77mg, Delphinidin: 1.77mg Malvidin: 42.67mg, Malvidin: 42.67mg, Malvidin: 42.67mg, Malvidin: 42.67mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.77mg, Peonidin: 1.77mg, Peonidin: 1.77mg, Peonidin: 1.77mg Catechin: 4.44mg, Catechin: 4.44mg, Catechin: 4.44mg, Catechin: 4.44mg Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 448.36kcal (22.42%), Fat: 15.35g (23.62%), Saturated Fat: 6.97g (43.54%), Carbohydrates: 34.99g (11.66%), Net Carbohydrates: 34.21g (12.44%), Sugar: 25.82g (28.69%), Cholesterol: 104.83mg (34.94%), Sodium: 130.17mg (5.66%), Alcohol: 6.89g (100%), Alcohol %: 2.91% (100%), Protein: 30.54g (61.09%), Selenium: 44.93µg (64.18%), Vitamin B1: 0.91mg (60.85%), Vitamin B3: 11.48mg (57.4%), Vitamin B6: 0.99mg (49.38%), Phosphorus:

324.69mg (32.47%), Potassium: 601.01mg (17.17%), Vitamin B2: 0.29mg (16.85%), Zinc: 2.18mg (14.54%), Vitamin B12: 0.77µg (12.77%), Magnesium: 40.94mg (10.23%), Vitamin B5: 1mg (9.97%), Copper: 0.14mg (6.81%), Vitamin E: 0.99mg (6.58%), Iron: 1.16mg (6.47%), Manganese: 0.11mg (5.28%), Vitamin A: 211.7IU (4.23%), Vitamin D: 0.54µg (3.57%), Fiber: 0.78g (3.12%), Calcium: 18.75mg (1.87%), Vitamin K: 1.47µg (1.4%)