



Pork Chops with Escarole and Balsamic Onions



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 head endive
- ☐ 4 servings kosher salt and pepper black
- ☐ 2 tablespoons olive oil
- ☐ 24 ounce pork chops boneless ()
- ☐ 1 small onion red cut into 1/4-inch-thick rings

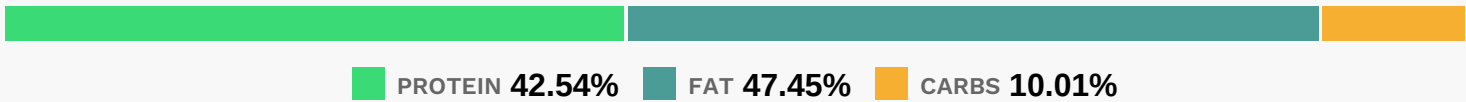
Equipment

☐ frying pan

Directions

- ☐ Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Season the pork with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook until browned and cooked through, 5 to 6 minutes per side.
- ☐ Transfer to a plate.
- ☐ Heat the remaining tablespoon of oil in the skillet over medium heat.
- ☐ Add the onion and cook, stirring occasionally, for 3 minutes.
- ☐ Add the vinegar and cook until the onion is soft, 2 to 3 minutes.
- ☐ Add the escarole and 1/4 teaspoon each salt and pepper. Cook, tossing, until wilted, 2 to 3 minutes.
- ☐ Serve with the pork. Tip: The assertive winter flavors of the escarole-and-onion mixture make it a great side dish for more than just pork chops. Try it with roasted turkey, beef, or meaty fish, such as salmon.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:2.05, Inflammation Score:-9, Nutrition Score:33.204347610474%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 11.54mg, Kaempferol: 11.54mg, Kaempferol: 11.54mg, Kaempferol: 11.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 369.68kcal (18.48%), Fat: 19.06g (29.32%), Saturated Fat: 5.2g (32.49%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 5.1g (1.85%), Sugar: 3.83g (4.26%), Cholesterol: 113.97mg (37.99%), Sodium: 305.09mg (13.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.44g (76.89%), Vitamin K: 264.2µg (251.62%), Vitamin B1: 1.24mg (82.48%), Selenium: 56.67µg (80.95%), Vitamin B3: 14.07mg (70.35%), Vitamin B6: 1.29mg (64.52%), Vitamin A: 2445.23IU (48.9%), Phosphorus: 426.92mg (42.69%), Folate: 164.98µg (41.24%), Potassium:

1045.82mg (29.88%), Manganese: 0.54mg (27.06%), Vitamin B2: 0.41mg (23.91%), Zinc: 3.59mg (23.9%), Vitamin B5: 2.28mg (22.83%), Magnesium: 65.77mg (16.44%), Fiber: 3.95g (15.82%), Vitamin B12: 0.9µg (15.03%), Vitamin E: 1.73mg (11.53%), Vitamin C: 9.35mg (11.33%), Iron: 2mg (11.1%), Copper: 0.22mg (11.08%), Calcium: 81.22mg (8.12%), Vitamin D: 0.68µg (4.54%)