



Pork Chops with Fennel and Caper Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground plus more for seasoning meat
- ☐ 28 ounce canned tomatoes diced with their juices canned
- ☐ 2 tablespoons capers
- ☐ 2 fennel bulbs with fronds, thinly sliced 8 ounces
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.5 lemon zest
- ☐ 0.3 cup olive oil
- ☐ 4 pork chops boneless 2-inch-thick 2 pounds total
- ☐ 0.8 teaspoon salt plus more for seasoning meat

- ☐ 2 large shallots thinly sliced
- ☐ 0.5 cup white wine

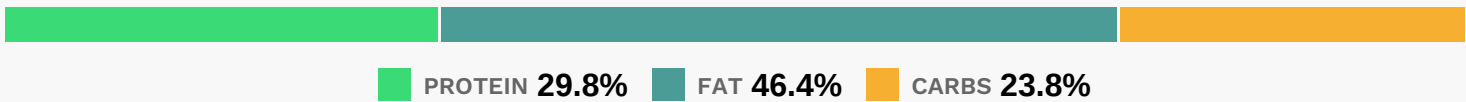
Equipment

- ☐ frying pan
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large, heavy skillet heat the olive oil over high heat. Season the pork chops with salt and pepper.
- ☐ Add the pork to the pan and brown on both sides, about 4 minutes each side.
- ☐ Remove the pork from the pan, cover loosely with foil, and set aside.
- ☐ Add the fennel, shallots, and 1/3 cup parsley to the pan and cook over medium heat until beginning to brown, about 5 minutes.
- ☐ Add the wine. Using a wooden spoon, scrape the brown bits off the bottom of the pan.
- ☐ Add the tomatoes and stir.
- ☐ Add the pork back into the pan, nestling the chops between the fennel and tomatoes so they are mostly submerged in the pan juices. Cook until the fennel is tender and the pork is done, about 12 to 15 minutes.
- ☐ Place the pork on a serving dish. To finish the sauce, add the lemon zest, remaining 1/3 cup parsley, capers, and 3/4 teaspoon each salt and pepper. Stir to combine. Spoon over the pork chops and serve immediately.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:7.01, Inflammation Score:-9, Nutrition Score:36.892609233442%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 5.33mg, Kaempferol: 5.33mg, Kaempferol: 5.33mg, Kaempferol: 5.33mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg

Nutrients (% of daily need)

Calories: 466.88kcal (23.34%), Fat: 23.73g (36.51%), Saturated Fat: 5.37g (33.55%), Carbohydrates: 27.4g (9.13%), Net Carbohydrates: 18.74g (6.81%), Sugar: 14.73g (16.37%), Cholesterol: 89.78mg (29.93%), Sodium: 504.29mg (21.93%), Alcohol: 3.09g (100%), Alcohol %: 0.76% (100%), Protein: 34.29g (68.58%), Vitamin K: 181.68µg (173.03%), Vitamin B1: 1.07mg (71.39%), Vitamin B3: 14.08mg (70.38%), Vitamin B6: 1.4mg (70.05%), Selenium: 46.66µg (66.66%), Vitamin C: 41.11mg (49.83%), Potassium: 1675.96mg (47.88%), Phosphorus: 443.09mg (44.31%), Manganese: 0.77mg (38.63%), Vitamin E: 5.53mg (36.86%), Fiber: 8.66g (34.63%), Iron: 5.17mg (28.72%), Copper: 0.56mg (28.08%), Magnesium: 107.11mg (26.78%), Vitamin B2: 0.41mg (24.24%), Vitamin A: 1034.17IU (20.68%), Zinc: 3.03mg (20.2%), Vitamin B5: 1.88mg (18.84%), Folate: 72.81µg (18.2%), Calcium: 167.57mg (16.76%), Vitamin B12: 0.71µg (11.84%), Vitamin D: 0.54µg (3.57%)