



## Pork Chops with Fresh Tomato, Onion, Garlic, and Feta

 Gluten Free  Popular

READY IN



35 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 teaspoons balsamic vinegar
- 4 servings pepper black to taste
- 1 tablespoon basil dried
- 4 ounces feta cheese crumbled
- 3 cloves garlic diced
- 4 servings garlic powder to taste
- 0.5 pint grape tomatoes yellow halved

- 2 tablespoons olive oil divided
- 1 large onion halved thinly sliced
- 4 pork loin chops
- 4 servings salt to taste

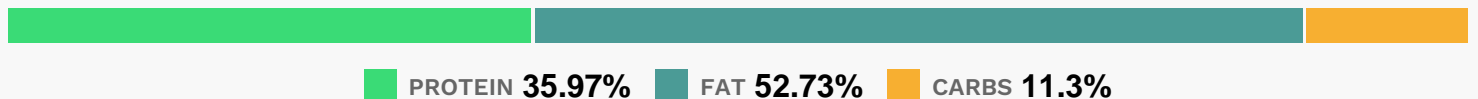
## Equipment

- frying pan

## Directions

- Heat 1 tablespoon oil in a skillet over medium heat. Stir in the onion and cook until golden brown. Set aside.
- Heat 1/2 tablespoon oil in the skillet. Season pork chops with salt, pepper, and garlic powder, and place in the skillet. Cook to desired doneness. Set aside and keep warm.
- Heat remaining oil in the skillet. Return onions to skillet, and stir in tomatoes, garlic, and basil. Cook and stir about 3 minutes, until tomatoes are tender.
- Mix in balsamic vinegar, and season with salt and pepper. Top chops with the onion and tomato mixture, and sprinkle with feta cheese to serve.

## Nutrition Facts



## Properties

Glycemic Index:52.25, Glycemic Load:2.26, Inflammation Score:-7, Nutrition Score:24.676086757494%

## Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg

## Nutrients (% of daily need)

Calories: 388.97kcal (19.45%), Fat: 22.63g (34.81%), Saturated Fat: 8.08g (50.53%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 8.84g (3.21%), Sugar: 3.73g (4.14%), Cholesterol: 115.01mg (38.34%), Sodium: 589.57mg

(25.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.73g (69.46%), Selenium: 49.87µg (71.24%), Vitamin B1: 1mg (66.34%), Vitamin B6: 1.28mg (63.83%), Vitamin B3: 11.47mg (57.35%), Phosphorus: 442.8mg (44.28%), Vitamin B2: 0.53mg (31.02%), Vitamin K: 26.91µg (25.62%), Potassium: 788.38mg (22.53%), Zinc: 3.25mg (21.66%), Vitamin B12: 1.19µg (19.82%), Calcium: 194mg (19.4%), Manganese: 0.32mg (15.77%), Magnesium: 61.02mg (15.25%), Vitamin C: 11.62mg (14.09%), Vitamin B5: 1.39mg (13.93%), Iron: 2.27mg (12.62%), Vitamin A: 626.63IU (12.53%), Vitamin E: 1.69mg (11.27%), Copper: 0.18mg (8.98%), Fiber: 2.07g (8.27%), Folate: 29.66µg (7.42%), Vitamin D: 0.65µg (4.33%)