



 **40%**
HEALTH SCORE

Pork Chops with Garlic Cream

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



748 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoon butter
- 0.3 cup buttermilk
- 0.3 cup wine dry white
- 3 sprigs thyme sprigs fresh
- 1 cup cup heavy whipping cream
- 4 servings bell pepper
- 4 servings bell pepper
- 900 grams pork chops

- 4 servings salt
- 1 medium shallots minced
- 2 tablespoon vegetable oil
- 12 large garlic clove whole peeled

Equipment

- frying pan
- sauce pan
- oven
- blender
- wooden spoon
- stove

Directions

- In a small sauce pan melt the butter over medium-low heat and cook the shallots until softened, about 5 minutes.
- Add the wine, thyme and a generous teaspoon salt. Raise the heat to medium and simmer until the liquid is reduced to 2 tablespoons. Stir in the heavy cream and the buttermilk and all the garlic cloves. Return to a bare simmer and cook, stirring occasionally, until the garlic is completely tender, 40 to 45 minutes.
- Transfer the garlic mixture to a blender and puree until very smooth, about 1 minute. Return the garlic sauce to the saucepan. It should be thick enough to cover the back of a wooden spoon but easy to pour. Set aside covered to keep warm. Preheat oven to 375. Salt and pepper generously the pork chops. In a large skillet over medium high heat add the oil. When hot add the chops and sear them on each side. 2 minutes each sides.
- Remove from the stove and place in the hot oven. Cook for 3 minutes at 375 then lower the heat to 300 for another 5 minutes. The chops need to be springy to the touch and golden brown on the outside.

Nutrition Facts

  
 PROTEIN **28.93%**  FAT **62.15%**  CARBS **8.92%**

Properties

Glycemic Index:66.25, Glycemic Load:3.38, Inflammation Score:-10, Nutrition Score:42.873913043478%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 747.56kcal (37.38%), Fat: 50.74g (78.07%), Saturated Fat: 24.31g (151.96%), Carbohydrates: 16.39g (5.46%), Net Carbohydrates: 12.76g (4.64%), Sugar: 9.75g (10.83%), Cholesterol: 235.24mg (78.41%), Sodium: 393.17mg (17.09%), Alcohol: 2.06g (11.44%), Protein: 53.14g (106.28%), Vitamin C: 195.59mg (237.07%), Vitamin A: 5793.46IU (115.87%), Selenium: 78.59µg (112.28%), Vitamin B6: 2.24mg (112.05%), Vitamin B1: 1.63mg (108.4%), Vitamin B3: 19.6mg (98.01%), Phosphorus: 622.35mg (62.23%), Vitamin B2: 0.71mg (41.72%), Potassium: 1314.62mg (37.56%), Zinc: 4.25mg (28.35%), Vitamin E: 3.94mg (26.24%), Vitamin B5: 2.43mg (24.27%), Vitamin B12: 1.39µg (23.19%), Magnesium: 89.45mg (22.36%), Vitamin K: 22.54µg (21.47%), Manganese: 0.39mg (19.48%), Folate: 75.06µg (18.77%), Fiber: 3.62g (14.49%), Vitamin D: 2.11µg (14.08%), Iron: 2.25mg (12.49%), Calcium: 113.69mg (11.37%), Copper: 0.2mg (10.02%)