



Pork Chops with Golden Onions and Wilted Tomatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 teaspoons balsamic vinegar
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion halved lengthwise thinly sliced lengthwise
- ☐ 4 pork loin chops 1-inch-thick ()
- ☐ 0.5 teaspoon salt
- ☐ 0.5 pint and/or cherry tomatoes yellow halved lengthwise

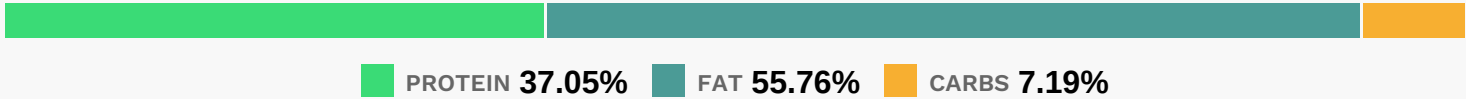
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 2 tablespoons oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté onion with salt, stirring occasionally, until golden brown, about 8 minutes.
- ☐ Transfer to a bowl.
- ☐ Pat pork chops dry and season with salt and pepper.
- ☐ Heat remaining tablespoon oil in skillet over high heat until just smoking, then sauté chops until browned and just cooked through, about 3 minutes on each side.
- ☐ Transfer chops to a platter and keep warm, covered.
- ☐ Return onion to skillet and add tomatoes, then sauté over moderately high heat, stirring, until tomatoes are slightly wilted, about 2 minutes.
- ☐ Remove from heat and stir in vinegar and salt and pepper to taste.
- ☐ Serve chops topped with onion and tomato.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:1.04, Inflammation Score:-4, Nutrition Score:18.294347819751%

Flavonoids

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: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.74mg, Quercetin: 7.74mg, Quercetin: 7.74mg, Quercetin: 7.74mg

Nutrients (% of daily need)

Calories: 327.14kcal (16.36%), Fat: 19.99g (30.76%), Saturated Fat: 4.77g (29.81%), Carbohydrates: 5.8g (1.93%), Net Carbohydrates: 4.75g (1.73%), Sugar: 2.06g (2.29%), Cholesterol: 89.78mg (29.93%), Sodium: 371.04mg (16.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.88g (59.77%), Selenium: 44.78µg (63.97%), Vitamin B1: 0.94mg (62.35%), Vitamin B3: 11.44mg (57.22%), Vitamin B6: 1.05mg (52.55%), Phosphorus: 335.6mg (33.56%),

Potassium: 710.83mg (20.31%), Vitamin B2: 0.29mg (16.81%), Zinc: 2.31mg (15.4%), Vitamin B12: 0.71µg (11.84%),
Magnesium: 46.07mg (11.52%), Vitamin E: 1.69mg (11.29%), Vitamin B5: 1.09mg (10.85%), Vitamin C: 8.1mg (9.82%),
Copper: 0.15mg (7.52%), Manganese: 0.13mg (6.68%), Iron: 1.12mg (6.24%), Folate: 24.87µg (6.22%), Vitamin K:
6.47µg (6.16%), Fiber: 1.05g (4.21%), Vitamin D: 0.54µg (3.57%), Calcium: 25.64mg (2.56%)