



Pork Chops with Grits and Red-Eye Gravy

 **Gluten Free** Image not found or type unknown

READY IN

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ready

40 min.

SERVINGS

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servings

4

CALORIES

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calories

494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 1 tablespoon butter
- ☐ 2 teaspoons cornstarch
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2.3 cups milk 2% divided reduced-fat
- ☐ 0.3 cup madeira wine dry
- ☐ 4 ounce exotic mushroom blend sliced

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 24 ounce center-cut loin pork chops bone-in trimmed 1/
- ☐ 0.5 cup quick-cooking grits uncooked
- ☐ 0.5 teaspoon salt divided
- ☐ 0.3 cup shallots chopped
- ☐ 2 teaspoons sherry vinegar
- ☐ 0.5 cup strong coffee decoction hot divided brewed
- ☐ 0.5 cup lower-sodium tomato juice

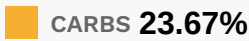
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Sprinkle pork with 3/8 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Add pork chops to pan, and cook 3 minutes on each side.
- ☐ Remove pork from pan; keep warm.
- ☐ Add shallots, thyme, and sliced mushrooms to pan; saut for 4 minutes. Stir in wine, and cook 30 seconds, scraping pan to loosen browned bits. Stir in remaining 1/4 teaspoon black pepper, 1/4 cup coffee, juice, vinegar, and red pepper. Bring to a simmer; cook for 3 minutes.
- ☐ Combine cornstarch and remaining 1/4 cup coffee.
- ☐ Add cornstarch mixture to pan, stirring with a whisk; cook for 2 minutes or until mixture thickens, stirring frequently.
- ☐ Bring 2 1/4 cups milk and remaining 1/8 teaspoon salt to a boil in a medium saucepan. Gradually stir in grits. Cover, reduce heat, and simmer 5 minutes or until liquid is absorbed, stirring frequently with a whisk.
- ☐ Remove from heat; stir in remaining 2 tablespoons milk and butter.

Nutrition Facts

 **PROTEIN 36.6%**  **FAT 39.73%**  **CARBS 23.67%**

Properties

Glycemic Index:66.83, Glycemic Load:1.5, Inflammation Score:-9, Nutrition Score:29.409565096316%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 494.42kcal (24.72%), Fat: 21.23g (32.67%), Saturated Fat: 8.18g (51.14%), Carbohydrates: 28.46g (9.49%), Net Carbohydrates: 26.04g (9.47%), Sugar: 9.98g (11.08%), Cholesterol: 132.11mg (44.04%), Sodium: 466.82mg (20.3%), Alcohol: 1.54g (100%), Alcohol %: 0.43% (100%), Caffeine: 11.85mg (3.95%), Protein: 44.02g (88.04%), Vitamin B1: 1.33mg (88.47%), Selenium: 61.6µg (88%), Vitamin B3: 16.03mg (80.17%), Vitamin B6: 1.52mg (75.84%), Phosphorus: 589.75mg (58.97%), Vitamin B2: 0.73mg (42.76%), Potassium: 1090.23mg (31.15%), Vitamin B12: 1.61µg (26.85%), Zinc: 3.89mg (25.95%), Vitamin B5: 2.4mg (24.04%), Magnesium: 84.73mg (21.18%), Calcium: 189.44mg (18.94%), Manganese: 0.28mg (13.9%), Folate: 51.32µg (12.83%), Iron: 2.24mg (12.44%), Vitamin C: 8.67mg (10.51%), Copper: 0.21mg (10.33%), Fiber: 2.42g (9.68%), Vitamin A: 441.84IU (8.84%), Vitamin E: 0.97mg (6.49%), Vitamin D: 0.79µg (5.29%), Vitamin K: 3.98µg (3.79%)