



Pork Chops with Marsala and Fennel

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup chicken broth low-sodium homemade canned
- 1 fennel bulb cut into thin slices
- 3 tablespoons parsley fresh chopped
- 4 cloves garlic minced
- 4 servings fresh-ground pepper black
- 0.5 cup plum brandy dry
- 1 tablespoon olive oil
- 1 onion chopped

- 4 pork chops ()
- 4 servings salt
- 1 tablespoon tomato paste

Equipment

- frying pan

Directions

- In a large frying pan, heat the oil over moderate heat. Season the pork chops with 1/4 teaspoon each salt and pepper.
- Put the chops in the pan. Cook, turning once, until browned and done to medium, about 5 minutes per side.
- Remove and put in a warm place.
- If necessary, add oil to the pan to make about 2 tablespoons fat.
- Add the onion, fennel, and 1/8 teaspoon salt. Cook, covered, stirring occasionally, until soft, about 10 minutes. Uncover and add the garlic. Cook, stirring, 1 minute longer.
- Add the marsala. Bring to a boil, scraping the bottom of the pan to dislodge any brown bits. Boil until reduced to approximately 1/4 cup, 1 to 2 minutes.
- Stir in the broth, tomato paste, 2 tablespoons of the parsley, 1/2 teaspoon salt, and any accumulated juices from the meat. Bring to a simmer and cook, covered, until the sauce thickens and the fennel is tender, about 5 minutes.
- Add the remaining tablespoon parsley, 1/8 teaspoon pepper, and the pork chops. Cook until just heated through, 2 to 3 minutes.
- Variation: Instead of chops, saut one-inch-thick medallions of pork tenderloin, seasoned with salt and pepper, until just done, about two minutes per side.
- Wine Recommendation: A well-made Nebbiolo delle Langhe has earthy and herbal flavors to blend nicely with fennel and just the right amount of tannin and dried-cherry fruitiness for the marsala and pork.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:2.26, Inflammation Score:-7, Nutrition Score:24.054782483889%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg

Nutrients (% of daily need)

Calories: 331.15kcal (16.56%), Fat: 13.24g (20.37%), Saturated Fat: 3.91g (24.45%), Carbohydrates: 13.42g (4.47%), Net Carbohydrates: 10.79g (3.92%), Sugar: 6.39g (7.1%), Cholesterol: 89.78mg (29.93%), Sodium: 338.01mg (14.7%), Alcohol: 4.59g (100%), Alcohol %: 1.92% (100%), Protein: 31.21g (62.43%), Vitamin K: 88.83µg (84.6%), Selenium: 45.7µg (65.28%), Vitamin B1: 0.93mg (61.92%), Vitamin B3: 11.9mg (59.49%), Vitamin B6: 1.09mg (54.3%), Phosphorus: 364.37mg (36.44%), Potassium: 914.2mg (26.12%), Vitamin C: 14.86mg (18.01%), Vitamin B2: 0.3mg (17.87%), Zinc: 2.39mg (15.97%), Magnesium: 54.73mg (13.68%), Manganese: 0.27mg (13.63%), Vitamin B12: 0.75µg (12.49%), Vitamin B5: 1.19mg (11.9%), Fiber: 2.63g (10.53%), Iron: 1.7mg (9.43%), Copper: 0.19mg (9.37%), Vitamin E: 1.22mg (8.14%), Vitamin A: 398.84IU (7.98%), Folate: 26.17µg (6.54%), Calcium: 59.95mg (6%), Vitamin D: 0.54µg (3.57%)