



Pork Chops with Mushroom Madeira Sauce

READY IN



35 min.

SERVINGS



2

CALORIES



256 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup beef broth
- ☐ 2 tablespoons butter divided
- ☐ 5 to 6 cremini mushrooms sliced
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon parsley leaves fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon grapeseed oil
- ☐ 2 servings salt and coarsely ground pepper black

- ☐ 0.5 cup madeira wine
- ☐ 3 inch pork chops
- ☐ 1 tablespoon shallots minced

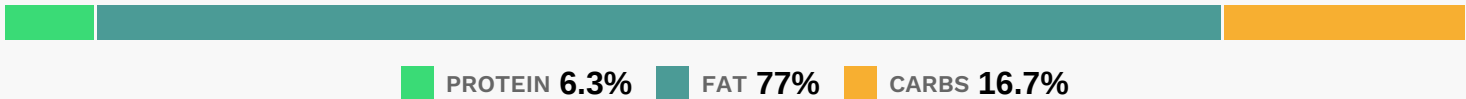
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ In a large cast iron skillet over medium-high heat, add the grapeseed oil. Allow the oil to smoke slightly. Season each pork chop with salt and pepper, to taste, and add to the pan. Sear on each side for 2 minutes. Once nicely browned on each side, transfer the chops to a sheet pan with a rack and bake in the oven for an additional 6 to 8 minutes.
- ☐ Remove the chops from the oven to a serving platter. Reserve the pan for the Madeira Sauce.
- ☐ In same skillet that the chops were seared, add 1 tablespoon of the butter, the shallots, garlic, and the mushrooms. Cook over medium-high heat until slightly caramelized.
- ☐ Add flour and mix to a paste.
- ☐ Add the Madeira wine and deglaze the pan. Lower the heat, add the beef broth and simmer for a few minutes.
- ☐ Remove from the heat and mix in the remaining butter and the fresh herbs. Once the butter has melted, pour the sauce over the pork chops and serve.

Nutrition Facts



Properties

Glycemic Index:181.5, Glycemic Load:2.96, Inflammation Score:-8, Nutrition Score:9.9943477304085%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg,

Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg
Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 4.33mg, Apigenin:
4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg
Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.37mg,
Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg,
Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 255.66kcal (12.78%), Fat: 18.83g (28.97%), Saturated Fat: 8.02g (50.13%), Carbohydrates: 9.19g (3.06%),
Net Carbohydrates: 8.31g (3.02%), Sugar: 1.91g (2.12%), Cholesterol: 32.65mg (10.88%), Sodium: 212.03mg (9.22%),
Alcohol: 6.18g (100%), Alcohol %: 4.34% (100%), Protein: 3.47g (6.93%), Vitamin K: 34.3µg (32.67%), Selenium:
16.58µg (23.68%), Vitamin B2: 0.3mg (17.82%), Vitamin E: 2.37mg (15.83%), Copper: 0.29mg (14.31%), Manganese:
0.28mg (14.23%), Vitamin B3: 2.81mg (14.07%), Vitamin A: 567.11IU (11.34%), Phosphorus: 102.22mg (10.22%),
Potassium: 355.62mg (10.16%), Vitamin B6: 0.19mg (9.51%), Vitamin B5: 0.89mg (8.94%), Vitamin B1: 0.12mg (8%),
Vitamin C: 5.91mg (7.16%), Folate: 26.31µg (6.58%), Iron: 1.05mg (5.81%), Zinc: 0.83mg (5.51%), Magnesium: 18.02mg
(4.5%), Calcium: 36.73mg (3.67%), Fiber: 0.88g (3.51%), Vitamin B12: 0.12µg (1.92%)