



Pork Chops with Pear Sauce

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

READY IN



75 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons brown sugar
- 2 tablespoons ground cinnamon to taste
- 2 tablespoons juice of lemon
- 0.8 cup pear juice
- 3 pears cored peeled chopped
- 6 pork chops thin cut boneless
- 1 tablespoon vegetable oil

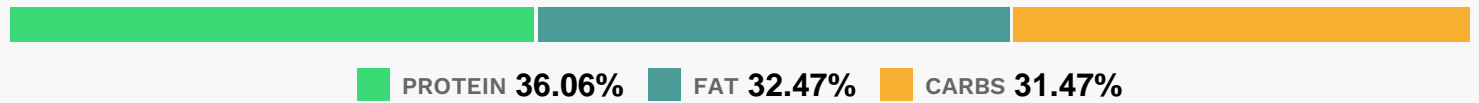
Equipment

- frying pan
- sauce pan
- blender

Directions

- In a medium saucepan, mix the pears, brown sugar, lemon juice, pear juice, and cinnamon. Bring to boil. Cook 30 minutes, stirring occasionally, until thickened.
- Transfer the sauce mixture to a blender, and blend until smooth. Return to saucepan, cover, and simmer 15 minutes over low heat.
- Remove from heat, and allow to cool.
- Heat the oil in a skillet over medium heat, and cook the pork chops 8 minutes, turning once, until done.
- Drizzle with the pear sauce to serve.

Nutrition Facts



Properties

Glycemic Index:6.96, Glycemic Load:3.99, Inflammation Score:-3, Nutrition Score:19.536521776863%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 322.28kcal (16.11%), Fat: 11.74g (18.06%), Saturated Fat: 3.66g (22.87%), Carbohydrates: 25.6g (8.53%), Net Carbohydrates: 21.38g (7.77%), Sugar: 16.94g (18.82%), Cholesterol: 89.78mg (29.93%), Sodium: 69.69mg

(3.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.33g (58.66%), Selenium: 44.73µg (63.9%), Vitamin B1: 0.91mg (60.62%), Vitamin B3: 10.99mg (54.93%), Vitamin B6: 1.01mg (50.54%), Phosphorus: 319.59mg (31.96%), Manganese: 0.52mg (26.11%), Vitamin C: 16.34mg (19.81%), Potassium: 667.98mg (19.09%), Fiber: 4.22g (16.88%), Vitamin B2: 0.28mg (16.6%), Zinc: 2.24mg (14.96%), Vitamin B12: 0.71µg (11.84%), Magnesium: 45.99mg (11.5%), Vitamin B5: 1.04mg (10.42%), Vitamin K: 9.97µg (9.5%), Copper: 0.18mg (9.04%), Iron: 1.1mg (6.11%), Calcium: 53.11mg (5.31%), Vitamin E: 0.56mg (3.76%), Vitamin D: 0.54µg (3.57%), Folate: 8.69µg (2.17%)