



Pork Chops with Pears and Cider

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup apple cider
- ☐ 4 pork chops bone-in
- ☐ 5 tablespoons olive oil extra virgin
- ☐ 6 cloves garlic
- ☐ 1 medium onion cut in eighths
- ☐ 2 large pears cored cut in eighths
- ☐ 5 large rosemary
- ☐ 4 servings pepper black freshly ground

- ☐ 1 tablespoon butter unsalted
- ☐ 0.5 cup vegetable stock
- ☐ 2 medium yukon gold potatoes sliced

Equipment

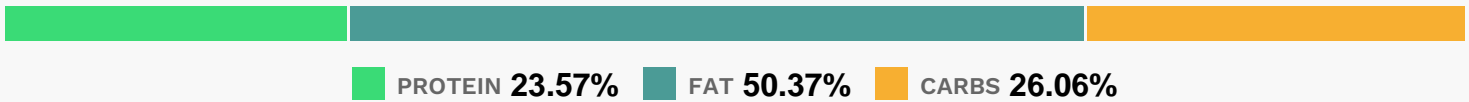
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ stove

Directions

- ☐ Preheat the oven to 425 degrees. In a large bowl, toss the potatoes and onions with 2 tablespoons of the olive oil, 3 whole garlic cloves, and the leaves from a sprig of rosemary.
- ☐ Spread the vegetables in a single layer on a baking sheet.
- ☐ Bake 20 to 30 minutes, or until potatoes are light brown and tender when pierced with a fork.
- ☐ While the potatoes and onions are in the oven, thinly slice the remaining 3 cloves of garlic.
- ☐ Heat the remaining 3 tablespoons olive oil, sliced garlic, and 4 rosemary sprigs over medium heat in a large cast iron skillet or other heavy-bottomed frying pan.
- ☐ Saute until the garlic is lightly golden and the olive oil is infused with flavors of garlic and rosemary.
- ☐ Remove the garlic slices and set aside. Discard the rosemary.
- ☐ Season the pork chops with salt and freshly ground black pepper. Return the skillet to the stove and heat the infused oil in pan over high heat. Arrange the chops in the pan and sear until nicely browned, 1 to 2 minutes. Turn the chops and brown on the second side, 1 to 2 minutes longer.
- ☐ Add the pears to the pan, lower the heat, and continue cooking until pears become tender and lightly brown and the chops cooked through, about 10 minutes.
- ☐ Remove the chops and pears from the pan and pour all but 1 tablespoon of oil from the pan.
- ☐ Pour the cider in the pan and reduce by half over medium high heat, continuously scraping the bottom of the pan to remove any browned bits.

- ☐ Add the stock and reduce by half again.
- ☐ Add the butter, stirring until melted, and season to taste with salt and pepper. Return the pears to the pan.
- ☐ To serve, place a chop on each of four plates, next to some roasted potatoes and onions. Spoon the pan sauce and several wedges of pear over each chop.
- ☐ Garnish with fresh rosemary leaves if desired.
- ☐ USA Pears

Nutrition Facts



Properties

Glycemic Index:91.31, Glycemic Load:19.17, Inflammation Score:-6, Nutrition Score:27.10913035144%

Flavonoids

Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 6.41mg, Epicatechin: 6.41mg, Epicatechin: 6.41mg, Epicatechin: 6.41mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg

Nutrients (% of daily need)

Calories: 639.14kcal (31.96%), Fat: 36.01g (55.4%), Saturated Fat: 9.37g (58.56%), Carbohydrates: 41.91g (13.97%), Net Carbohydrates: 35.75g (13%), Sugar: 17.6g (19.55%), Cholesterol: 124.48mg (41.49%), Sodium: 221.43mg (9.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.91g (75.83%), Selenium: 58.53µg (83.61%), Vitamin B6: 1.56mg (78.24%), Vitamin B1: 0.94mg (62.38%), Vitamin B3: 12.4mg (62%), Phosphorus: 435.55mg (43.55%), Potassium: 1179.06mg (33.69%), Vitamin C: 25.6mg (31.03%), Fiber: 6.16g (24.66%), Vitamin B2: 0.4mg (23.49%), Zinc: 3.48mg (23.19%), Vitamin E: 2.97mg (19.77%), Magnesium: 76.58mg (19.14%), Manganese: 0.36mg (17.79%), Vitamin K: 17.81µg (16.96%), Copper: 0.32mg (16.25%), Vitamin B5: 1.59mg (15.89%), Vitamin B12: 0.9µg (15.07%), Iron: 2.27mg (12.61%), Calcium: 73.82mg (7.38%), Folate: 27.52µg (6.88%), Vitamin D: 0.9µg (6%), Vitamin A: 196.51IU (3.93%)