



Pork Chops With Plum-Berry Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 cup beef consomme
- ☐ 2 tablespoons blackberry spread seedless (such as Polaner All Fruit)
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon pepper
- ☐ 24 ounce center cut pork chops bone-in (1/)
- ☐ 6 purple plums
- ☐ 0.3 teaspoon salt

☐ 0.3 cup shallots minced

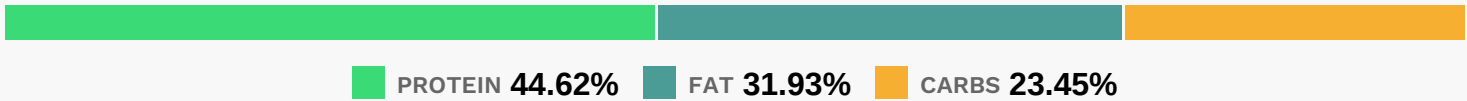
Equipment

☐ frying pan

Directions

- ☐ Sprinkle pork with salt and pepper.
- ☐ Heat a large nonstick skillet over mediumhigh heat until hot. Coat pork with cooking spray; add to pan. Cook 3 minutes on each side or until browned; remove from pan.
- ☐ Add shallots, and saut until tender.
- ☐ Add consomm, vinegar, and ginger, stirring well. Cook, without stirring, over medium-high heat 5 minutes.
- ☐ Remove pits from plums; slice plums.
- ☐ Add fruit spread to pan, stirring until melted.
- ☐ Add pork to pan, and cook 5 minutes over medium-high heat or until done, turning once.
- ☐ Place pork on a serving platter.
- ☐ Add plums to sauce, and cook 3 minutes or until thoroughly heated. Spoon plum sauce over pork.

Nutrition Facts



Properties

Glycemic Index:51.42, Glycemic Load:7.74, Inflammation Score:-5, Nutrition Score:22.946956416835%

Flavonoids

Cyanidin: 5.57mg, Cyanidin: 5.57mg, Cyanidin: 5.57mg, Cyanidin: 5.57mg Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg Epicatechin 3-gallate: 0.75mg, Epicatechin 3-gallate: 0.75mg, Epicatechin 3-gallate: 0.75mg, Epicatechin 3-gallate: 0.75mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg Gallocatechin: 0.09mg,

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Nutrients (% of daily need)

Calories: 351.69kcal (17.58%), Fat: 12.25g (18.84%), Saturated Fat: 4.26g (26.64%), Carbohydrates: 20.24g (6.75%), Net Carbohydrates: 18.24g (6.63%), Sugar: 15.58g (17.32%), Cholesterol: 113.97mg (37.99%), Sodium: 456.14mg (19.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.5g (77.01%), Selenium: 57.19µg (81.69%), Vitamin B1: 1.17mg (78.25%), Vitamin B3: 14.53mg (72.63%), Vitamin B6: 1.32mg (66.2%), Phosphorus: 420.4mg (42.04%), Potassium: 891.02mg (25.46%), Vitamin B2: 0.36mg (21.29%), Zinc: 2.82mg (18.77%), Vitamin B12: 0.94µg (15.73%), Magnesium: 57.45mg (14.36%), Vitamin B5: 1.43mg (14.29%), Vitamin C: 11.21mg (13.58%), Manganese: 0.23mg (11.27%), Copper: 0.18mg (8.84%), Iron: 1.45mg (8.07%), Fiber: 2g (8.01%), Vitamin A: 349.7IU (6.99%), Vitamin K: 6.66µg (6.34%), Vitamin D: 0.68µg (4.54%), Vitamin E: 0.49mg (3.29%), Calcium: 31.41mg (3.14%), Folate: 12µg (3%)