



Pork Chops with Prune Sauce (Chuletas de Cerdo con Salsa de Ciruelas)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons olive oil
- ☐ 4 pork chops
- ☐ 1 cup prune- cut to pieces pitted
- ☐ 0.5 cup red wine
- ☐ 0.3 cup salt
- ☐ 2 tablespoons sugar

☐ 4 cups water

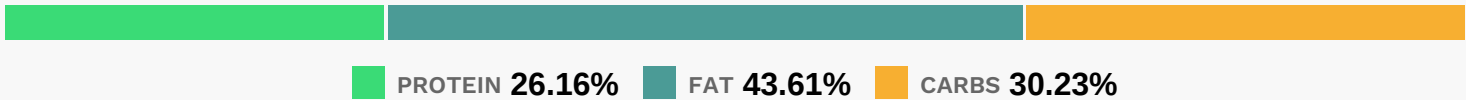
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ wooden spoon

Directions

- ☐ Dissolve the salt in the water in a large bowl, place the pork chops in the mixture, cover and refrigerate for 20 minutes.
- ☐ Remove the pork chops from the mixture and pat dry with paper towels.
- ☐ Heat the olive oil in a large skillet over medium heat.
- ☐ Place the chops into the heated oil and cook about 5–7 minutes per side, depending on how thick the chops are.
- ☐ Transfer the pork chops to a plate.Reduce the heat to medium low. In the same pan add the butter, prunes, water, pinch of salt and sugar. Cook for about 15 to 20 minutes, stirring occasionally with a wooden spoon.
- ☐ Add the wine and salt and continue cooking for 15 minutes more.
- ☐ Pour half of the sauce over the chops and serve immediately, using the remaining sauce as table gravy.

Nutrition Facts



Properties

Glycemic Index:41.02, Glycemic Load:11.47, Inflammation Score:-6, Nutrition Score:20.453043424565%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg

Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg
Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin:
0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg,
Naringenin: 0.53mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg,
Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin:
0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol:
0.03mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.1mg, Quercetin:
1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg,
Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 472.77kcal (23.64%), Fat: 22.16g (34.09%), Saturated Fat: 7.89g (49.28%), Carbohydrates: 34.56g
(11.52%), Net Carbohydrates: 31.47g (11.44%), Sugar: 22.75g (25.28%), Cholesterol: 104.83mg (34.94%), Sodium:
7196.76mg (312.9%), Alcohol: 3.18g (100%), Alcohol %: 0.84% (100%), Protein: 29.91g (59.81%), Selenium: 44.67µg
(63.81%), Vitamin B1: 0.92mg (61.19%), Vitamin B3: 11.59mg (57.96%), Vitamin B6: 1.08mg (53.97%), Phosphorus:
341.43mg (34.14%), Vitamin K: 30.71µg (29.24%), Potassium: 859.67mg (24.56%), Vitamin B2: 0.34mg (20.1%), Zinc:
2.36mg (15.73%), Magnesium: 58.96mg (14.74%), Fiber: 3.09g (12.35%), Copper: 0.24mg (12.22%), Vitamin B12:
0.72µg (12.03%), Vitamin B5: 1.17mg (11.74%), Vitamin A: 520.62IU (10.41%), Vitamin E: 1.53mg (10.21%), Manganese:
0.2mg (9.88%), Iron: 1.32mg (7.31%), Calcium: 43.77mg (4.38%), Vitamin D: 0.54µg (3.57%)