



Pork Chops with Sweet and Sour Sauce



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pork chops
- ☐ 4 servings salt
- ☐ 4 servings bell pepper
- ☐ 0.5 cup currant jelly red or any berry jelly, not jam)
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup cider vinegar white

Equipment

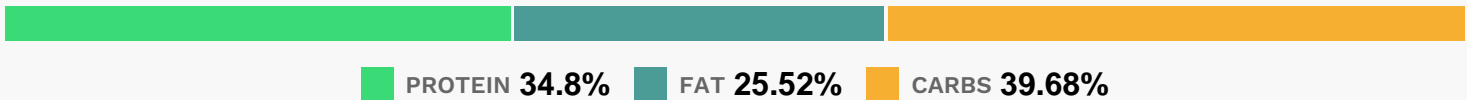
- ☐ frying pan

☐ paper towels

Directions

- ☐ Pat dry pork chops and sprinkle with salt and pepper: Pat chops dry with a paper towel, they'll brown better.
- ☐ Sprinkle with salt and pepper.
- ☐ Heat a large, stick-free skillet on medium high heat. Lightly brown the pork chops on both sides, for a minute or two each.
- ☐ Make the sauce: While the chops are browning, mix the red jelly with the mustard.
- ☐ Dollop sauce over pork chops: Once the chops are browned, reduce the heat of the pan to low. Dollop the sauce over the chops. Cover the pan. Cook for 5-10 minutes or until the pork is just cooked through (thick cuts may take longer).
- ☐ Add vinegar, reduce the sauce:
- ☐ Remove the pork chops from the pan.
- ☐ Add vinegar to the pan. Increase the heat to high and boil down the sauce, scraping up any browned bits from the bottom of the pan.
- ☐ Add any juices that have come out of the chops while they've been sitting back to the pan.
- ☐ Serve the pork chops with the sauce spooned over them.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:16.86, Inflammation Score:-9, Nutrition Score:25.469564945801%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 352.93kcal (17.65%), Fat: 9.81g (15.09%), Saturated Fat: 3.35g (20.94%), Carbohydrates: 34.31g (11.44%), Net Carbohydrates: 31.96g (11.62%), Sugar: 23.91g (26.56%), Cholesterol: 89.78mg (29.93%), Sodium: 357.94mg

(15.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.09g (60.18%), Vitamin C: 99.13mg (120.16%), Selenium: 47.84µg (68.35%), Vitamin B1: 0.95mg (63.67%), Vitamin B6: 1.2mg (60.17%), Vitamin B3: 11.49mg (57.45%), Vitamin A: 2343.28IU (46.87%), Phosphorus: 339.58mg (33.96%), Vitamin B2: 0.35mg (20.5%), Potassium: 711.93mg (20.34%), Zinc: 2.34mg (15.62%), Magnesium: 49.83mg (12.46%), Vitamin B5: 1.24mg (12.41%), Vitamin B12: 0.71µg (11.84%), Folate: 39.47µg (9.87%), Vitamin E: 1.43mg (9.52%), Fiber: 2.35g (9.42%), Manganese: 0.18mg (8.94%), Iron: 1.35mg (7.5%), Copper: 0.14mg (6.86%), Vitamin K: 3.76µg (3.58%), Vitamin D: 0.54µg (3.57%), Calcium: 28.99mg (2.9%)