



Pork Chops with Tangy Red Currant Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 cup chicken stock see unsalted
- 3 tablespoons garlic fresh divided minced
- 0.3 teaspoon kosher salt
- 1.5 tablespoons lemon zest grated
- 24 ounce pork loin chops bone-in trimmed
- 0.3 cup red wine vinegar
- 2 tablespoons strawberry jam red

- 2 tablespoons sugar
- 0.5 cup onion diced white

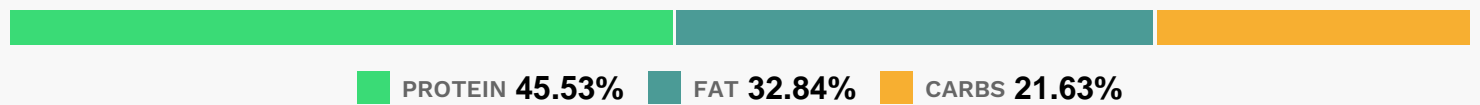
Equipment

- frying pan
- sauce pan
- grill pan

Directions

- Heat a saucepan over medium heat. Coat pan with cooking spray.
- Add onion and 1 tablespoon garlic; cook 4 minutes or until onion is tender.
- Add wine; cook 5 minutes or until liquid almost evaporates.
- Add sugar and fruit spread; bring to a boil. Cook 1 minute.
- Add vinegar; return to a boil. Cook until reduced to 1/2 cup (about 5 minutes).
- Heat a large grill pan over medium-high heat. Coat with cooking spray.
- Combine 2 tablespoons garlic and rind; sprinkle evenly over pork, pressing to adhere.
- Sprinkle evenly with pepper and salt.
- Add pork to pan; cook 3 minutes on each side or until desired degree of doneness.
- Remove from pan; let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:53.52, Glycemic Load:8.92, Inflammation Score:-3, Nutrition Score:21.199130699686%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 343.21kcal (17.16%), Fat: 12.14g (18.67%), Saturated Fat: 4.25g (26.57%), Carbohydrates: 17.99g (6%), Net Carbohydrates: 17.11g (6.22%), Sugar: 12.16g (13.51%), Cholesterol: 114.57mg (38.19%), Sodium: 262.05mg (11.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.86g (75.73%), Selenium: 57.96µg (82.8%), Vitamin B1: 1.17mg (77.73%), Vitamin B3: 13.98mg (69.92%), Vitamin B6: 1.35mg (67.61%), Phosphorus: 408.56mg (40.86%), Vitamin B2: 0.35mg (20.86%), Potassium: 729.32mg (20.84%), Zinc: 2.79mg (18.59%), Vitamin B12: 0.9µg (15.03%), Vitamin B5: 1.31mg (13.1%), Magnesium: 50.29mg (12.57%), Manganese: 0.18mg (9.07%), Vitamin C: 7.25mg (8.79%), Copper: 0.15mg (7.46%), Iron: 1.2mg (6.66%), Vitamin D: 0.68µg (4.54%), Calcium: 35.14mg (3.51%), Fiber: 0.88g (3.51%), Vitamin E: 0.26mg (1.71%), Folate: 6.41µg (1.6%)