



Pork Chops with Vinegar

READY IN



45 min.

SERVINGS



6

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 fillet anchovy chopped
- 2 teaspoons butter softened
- 3 tablespoons butter
- 0.5 teaspoon flour all-purpose
- 36 ounce pork loin chops boneless
- 6 servings salt and pepper to taste
- 0.3 cup water
- 0.8 cup citrus champagne vinegar

Equipment

- frying pan
- whisk

Directions

- Pound pork chops to 1/4 inch thickness. Melt 3 tablespoons of butter in a skillet over medium-high heat and brown pork on both sides, about 2 minutes per side.
- Drain fat.
- Pour water, vinegar, salt, and pepper in pan. Bring to a simmer, then reduce heat to medium-low, cover, and cook chops until tender, about 30 minutes.
- Remove chops from skillet, leaving juices, and place on a platter to keep warm.
- Mash the anchovy fillets together with 2 teaspoons butter, and 1/2 teaspoon flour.
- Whisk this paste into the simmering liquid to thicken. Cook and stir until the liquid has thickened and the flour is no longer grainy, 3 to 4 minutes.
- Pour sauce over pork chops to serve.

Nutrition Facts

PROTEIN 54.87% **FAT 44.83%** **CARBS 0.3%**

Properties

Glycemic Index:29.17, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:17.402174051851%

Nutrients (% of daily need)

Calories: 296.44kcal (14.82%), Fat: 14.07g (21.64%), Saturated Fat: 6.61g (41.32%), Carbohydrates: 0.21g (0.07%), Net Carbohydrates: 0.21g (0.08%), Sugar: 0.01g (0.01%), Cholesterol: 127.39mg (42.46%), Sodium: 338.52mg (14.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.73g (77.46%), Selenium: 48.23µg (68.91%), Vitamin B6: 1.29mg (64.42%), Vitamin B3: 10.16mg (50.8%), Vitamin B1: 0.76mg (50.45%), Phosphorus: 392.01mg (39.2%), Zinc: 3.13mg (20.85%), Vitamin B2: 0.33mg (19.33%), Potassium: 660.33mg (18.87%), Vitamin B12: 0.9µg (14.98%), Vitamin B5: 1.29mg (12.95%), Magnesium: 46.83mg (11.71%), Iron: 1.15mg (6.39%), Copper: 0.11mg (5.46%), Vitamin D: 0.68µg (4.54%), Vitamin A: 217.91IU (4.36%), Vitamin E: 0.44mg (2.92%), Calcium: 16.74mg (1.67%), Manganese: 0.03mg (1.46%)