

DINNER

Pork Cutlets with Cranberry Wine Sauce

12 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
20 min	5 min	15 min	4	\$3.21	446 kcal



If you want to add more gluten free and dairy free recipes to your recipe box, Pork Cutlets with Cranberry Wine Sauce might be a recipe you should try. One portion of this dish contains about 30g of protein, 13g of fat, and a total of 446 calories. This recipe serves 4.

Ingredients

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| ☐ 1¼ cups dry white wine | ☐ 1 tablespoon chopped Italian flat leaf parsley |
| ☐ 1 tablespoon thinly sliced fresh sage leaves | ☐ 1 tablespoon chopped fresh thyme |
| ☐ 2 cloves garlic, minced | ☐ 1 tablespoon olive oil |
| ☐ 4 boneless pork chops, 1/2-inch thick | ☐ 4 servings salt and pepper to taste |
| ☐ 1¼ cups whole berry cranberry sauce | |

EQUIPMENT Frying pan, Oven, Baking pan

Method

- 1 Preheat the oven to 350 degrees F (175 degrees C).
- 2 Heat the olive oil in a large skillet over medium-high heat. Season the pork with salt and pepper. Fry in the oil until browned on each side, 2 to 3 minutes.
- 3 Transfer the pork to a baking dish, and place in the preheated oven.
- 4 Reduce the heat under the skillet to medium and add the garlic. Cook and stir just until fragrant. Stir in the wine and cranberry sauce. Simmer for a few minutes until the sauce thickens slightly. Stir in the sage and thyme. Return the pork to the skillet and turn to coat with the sauce.
- 5 Place on plates to serve and garnish with fresh parsley.

Nutrition per serving

446	30 g	13 g	39 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			3.8 g · 24% of daily needs
Fibre			1.4 g · 6% of daily needs
Sugar			28.6 g · 32% of daily needs
Sodium			267 mg · 12% of daily needs
Cholesterol			89.8 mg · 30% of daily needs
Vitamin C			5.5 mg · 7% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/pork-cutlets-with-cranberry-wine-sauce-142264