



Pork Grillades with Pepper Jelly-Peach Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 servings summer corn grits
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 tsp thyme leaves fresh chopped
- ☐ 3 tablespoons pepper jelly red
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 1 large peaches peeled chopped

- ☐ 1 pound pork loin cutlets ()
- ☐ 2 tablespoons shallots finely chopped
- ☐ 4 servings garnish: thyme leaves fresh
- ☐ 1 medium tomatoes diced

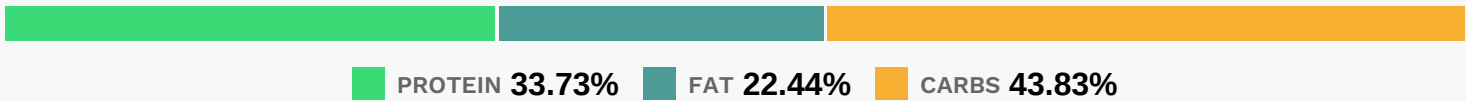
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Sprinkle pork with salt and pepper. Cook, in batches, in hot oil in a large skillet over medium-high heat 3 minutes on each side or until done.
- ☐ Transfer pork to a wire rack in a jelly-roll pan, and keep warm in a 200 oven.
- ☐ Add shallots and thyme to skillet; saut 1 minute or until tender. Stir in wine and pepper jelly until smooth. Stir in peach and tomato, and cook, stirring often, 2 to 3 minutes or until thoroughly heated.
- ☐ Add salt and pepper to taste.
- ☐ Pour sauce over pork, and serve immediately with grits.

Nutrition Facts



Properties

Glycemic Index:69.31, Glycemic Load:2.25, Inflammation Score:-9, Nutrition Score:17.095217341962%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 368.46kcal (18.42%), Fat: 8.8g (13.54%), Saturated Fat: 1.99g (12.42%), Carbohydrates: 38.68g (12.89%), Net Carbohydrates: 36.53g (13.28%), Sugar: 5.56g (6.18%), Cholesterol: 71.44mg (23.81%), Sodium: 355.7mg (15.47%), Alcohol: 1.54g (100%), Alcohol %: 0.75% (100%), Protein: 29.77g (59.55%), Selenium: 39.05µg (55.78%), Vitamin B6: 1mg (49.93%), Vitamin B1: 0.58mg (38.88%), Vitamin B3: 7.64mg (38.18%), Phosphorus: 309.6mg (30.96%), Vitamin C: 17.26mg (20.92%), Potassium: 654.92mg (18.71%), Zinc: 2.43mg (16.22%), Vitamin B2: 0.26mg (15.42%), Vitamin A: 758.52IU (15.17%), Magnesium: 52.42mg (13.11%), Vitamin B5: 1.18mg (11.78%), Vitamin B12: 0.58µg (9.64%), Manganese: 0.19mg (9.42%), Iron: 1.61mg (8.93%), Fiber: 2.16g (8.62%), Vitamin E: 1.25mg (8.34%), Copper: 0.16mg (8.1%), Vitamin K: 6.61µg (6.3%), Folate: 14.81µg (3.7%), Vitamin D: 0.45µg (3.02%), Calcium: 20.59mg (2.06%)