



## Pork Loin Chops With Pear-and-Vidalia Pan Gravy

READY IN



57 min.

SERVINGS



6

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups bartlett pears diced divided peeled
- 0.8 cup chicken broth
- 1 tablespoon cooking sherry dry
- 1 tablespoon flour all-purpose
- 1 teaspoon flour all-purpose
- 6 servings garnish: green onions sliced
- 2 teaspoons kosher salt
- 1 tablespoon vegetable oil; peanut oil preferred

- 1.5 teaspoons pepper freshly ground
- 4 lb pork loin chops bone-in 1-inch-thick ()
- 6 servings salt and pepper to taste
- 1 teaspoon sherry vinegar
- 2 tablespoons butter unsalted
- 1.5 cups vidalia onion thinly sliced

## Equipment

- bowl
- frying pan
- oven
- kitchen thermometer
- aluminum foil
- broiler pan

## Directions

- Combine 1 Tbsp. flour, salt, and pepper in a small bowl.
- Sprinkle half of flour mixture on 1 side of each chop.
- Cook chops, in batches, flour mixture sides down, in hot oil in a large skillet over medium-high heat 5 minutes or until browned. (Do not turn.)
- Sprinkle remaining flour mixture on top of each chop; turn chops over, and cook 5 minutes or until browned.
- Transfer to an aluminum foil-lined broiler pan.
- Bake chops at 425 for 7 minutes or until a meat thermometer inserted into thickest portion registers 15
- Transfer chops to a platter, and keep warm. Reserve juices in broiler pan for later use.
- Add butter, onion, and half of pears to skillet; cook over medium-low heat 8 minutes or until onion is tender, stirring to loosen particles from bottom of skillet.
- Stir together broth and 1 tsp. flour in a small bowl. Stir broth mixture, sherry, vinegar, and reserved juices from chops into skillet; cook, stirring occasionally, 4 minutes or until liquid is

reduced by half.

Remove from heat, and stir in remaining pears. Season with salt and pepper to taste. Spoon gravy over chops.

Garnish, if desired.

\*1 Tbsp. port may be substituted.

\*\*1 tsp. cider vinegar may be substituted.

## Nutrition Facts

**PROTEIN 47.34%** **FAT 43.94%** **CARBS 8.72%**

### Properties

Glycemic Index:45, Glycemic Load:3.32, Inflammation Score:-6, Nutrition Score:32.016956661059%

### Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

### Nutrients (% of daily need)

Calories: 577.91kcal (28.9%), Fat: 27.32g (42.02%), Saturated Fat: 10.22g (63.85%), Carbohydrates: 12.19g (4.06%), Net Carbohydrates: 10.06g (3.66%), Sugar: 6.83g (7.59%), Cholesterol: 213.23mg (71.08%), Sodium: 1228.54mg (53.41%), Alcohol: 0.26g (100%), Alcohol %: 0.07% (100%), Protein: 66.22g (132.45%), Selenium: 101.11µg (144.44%), Vitamin B1: 2.06mg (137.45%), Vitamin B3: 24.48mg (122.42%), Vitamin B6: 2.27mg (113.34%), Phosphorus: 706.88mg (70.69%), Vitamin B2: 0.61mg (36.02%), Potassium: 1256.27mg (35.89%), Zinc: 4.85mg (32.32%), Vitamin B12: 1.62µg (26.94%), Vitamin B5: 2.28mg (22.85%), Magnesium: 88.12mg (22.03%), Vitamin K: 15.49µg (14.75%), Copper: 0.25mg (12.41%), Iron: 1.96mg (10.87%), Manganese: 0.17mg (8.63%), Fiber: 2.13g (8.53%), Vitamin D: 1.28µg (8.53%), Vitamin E: 0.98mg (6.55%), Vitamin C: 5.11mg (6.19%), Folate: 18.99µg (4.75%), Calcium: 43.31mg (4.33%), Vitamin A: 205.32IU (4.11%)