

## Pork Marsala

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups mushrooms fresh sliced
- ☐ 1 teaspoon garlic minced
- ☐ 0.8 teaspoon garlic powder
- ☐ 0.3 teaspoon garlic salt
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon oregano dried

- ☐ 1 pound pork loin chops boneless thin
- ☐ 0.3 teaspoon salt

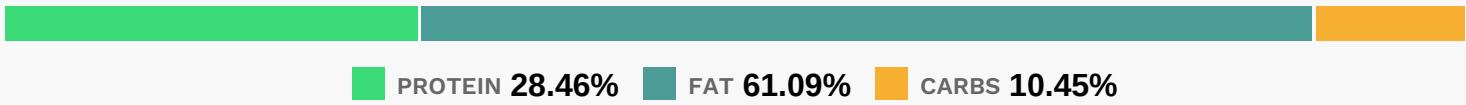
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Mix flour, salt ,garlic salt, garlic powder, and oregano together in a medium bowl.
- ☐ Add pork chops, and toss until well coated.
- ☐ Heat butter and olive oil in a large skillet over medium heat.
- ☐ Place pork in skillet in a single layer, and cook, turning occasionally, until brown on both sides.
- ☐ Add mushrooms and minced garlic; cook and stir briefly.
- ☐ Stir in wine, scraping the skillet to loosen any brown bits. Cover and simmer over medium heat until pork is tender and sauce is thickened, about 15 minutes. If sauce is too thick, adjust by stirring in a small amount of wine.

## Nutrition Facts



## Properties

Glycemic Index:49.25, Glycemic Load:6.19, Inflammation Score:-5, Nutrition Score:17.126087002132%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 396.43kcal (19.82%), Fat: 26.9g (41.39%), Saturated Fat: 8.72g (54.51%), Carbohydrates: 10.35g (3.45%), Net Carbohydrates: 9.42g (3.42%), Sugar: 1.02g (1.13%), Cholesterol: 94.02mg (31.34%), Sodium: 417.17mg (18.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.2g (56.4%), Selenium: 39.76µg (56.81%), Vitamin B6: 0.93mg (46.61%), Vitamin B3: 8.89mg (44.44%), Vitamin B1: 0.63mg (41.86%), Phosphorus: 314.04mg (31.4%), Vitamin B2: 0.46mg (27.23%), Potassium: 603.48mg (17.24%), Vitamin B5: 1.63mg (16.32%), Zinc: 2.41mg (16.04%), Vitamin E:

2.4mg (15.97%), Copper: 0.24mg (12.02%), Vitamin B12: 0.62µg (10.26%), Vitamin K: 10.46µg (9.96%), Magnesium: 37.61mg (9.4%), Iron: 1.55mg (8.62%), Folate: 28.42µg (7.1%), Manganese: 0.13mg (6.64%), Vitamin A: 266.71IU (5.33%), Fiber: 0.93g (3.74%), Vitamin D: 0.55µg (3.66%), Calcium: 17.3mg (1.73%), Vitamin C: 1.25mg (1.52%)