



Pork Sautè with Spicy Corn

READY IN



45 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons brown sugar
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 teaspoon dry-roasted peanuts unsalted finely chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 3 cups corn kernels fresh (6 ears)
- ☐ 0.3 cup green onions chopped
- ☐ 0.8 cup milk 2% reduced-fat
- ☐ 1 tablespoon soya sauce low-sodium

- ☐ 2 ounce boned center-cut loin pork chops (1/)
- ☐ 2 teaspoons vegetable oil divided

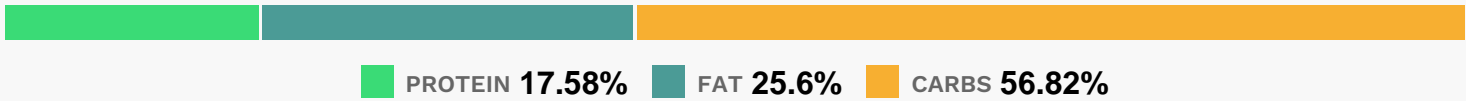
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine corn kernels and milk in a large saucepan. Bring the corn mixture to a boil over medium heat; reduce heat, and simmer 20 minutes, stirring frequently. Strain the corn mixture through a sieve over a bowl, reserving liquids and solids.
- ☐ Sprinkle pork chops with black pepper.
- ☐ Place reserved corn liquid in a shallow dish. Dip one side of each chop in corn liquid; dredge in flour.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Place 4 pork chops, floured sides down, in pan, and cook 2 minutes. Turn the pork chops over, and cook 2 minutes or until done. Repeat the procedure with 1 teaspoon oil and the remaining pork chops. Set the pork chops aside, and keep warm.
- ☐ Add onions to skillet, and saute for 30 seconds over medium-high heat.
- ☐ Add reserved corn solids and peanuts; saut 4 minutes.
- ☐ Add soy sauce, sugar, and red pepper; saut 4 minutes or until liquid evaporates.
- ☐ Place 2 pork chops on each of 4 plates; top each serving with 1/2 cup corn mixture.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:4.45, Inflammation Score:-6, Nutrition Score:11.33739135058%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 206.75kcal (10.34%), Fat: 6.34g (9.75%), Saturated Fat: 1.72g (10.74%), Carbohydrates: 31.64g (10.55%), Net Carbohydrates: 28.78g (10.47%), Sugar: 11.24g (12.49%), Cholesterol: 13.04mg (4.35%), Sodium: 199.5mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.79g (19.58%), Vitamin B1: 0.35mg (23.51%), Vitamin K: 22.29µg (21.23%), Phosphorus: 193.56mg (19.36%), Vitamin B3: 3.87mg (19.34%), Folate: 70.96µg (17.74%), Manganese: 0.32mg (15.95%), Magnesium: 57.8mg (14.45%), Potassium: 472.78mg (13.51%), Selenium: 9.34µg (13.35%), Vitamin B2: 0.23mg (13.32%), Vitamin B6: 0.25mg (12.27%), Fiber: 2.86g (11.44%), Vitamin B5: 1.12mg (11.18%), Vitamin C: 9.05mg (10.97%), Vitamin A: 406.96IU (8.14%), Zinc: 1.09mg (7.26%), Iron: 1.28mg (7.13%), Calcium: 68.93mg (6.89%), Vitamin B12: 0.31µg (5.16%), Copper: 0.1mg (5.14%), Vitamin E: 0.46mg (3.04%)