



 34%
HEALTH SCORE

Pork with Blueberry Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Tbsp balsamic vinegar
- 0.5 blueberries fresh
- 0.3 cup brown sugar
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- 1 Tbsp canola oil
- 1 lime zest juiced
- 4 servings parsley
- 4 servings bell pepper

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- 4 pork chops
- 1 onion diced red finely
- 4 servings salt

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 400 degrees Fahrenheit. In a nonreactive bowl, mash the blueberries with the brown sugar to desired consistency, then set aside.
- Heat saute pan on medium. Season the pork chops with salt and pepper on both sides.
- Add canola oil to the saute pan. Brown pork on both sides until golden and crispy, about 2-3 min on each side.
- Remove from pan and place on a baking dish to finish cooking in the oven. Depending on thickness of the pork. If its thin keep warm aside until sauce is ready. In the same pan the pork was cooking in, add the chopped red onion, saute until translucent. Then add in the mashed blueberry sugar mixture and balsamic vinegar. Cook until the sauce gets thick, about 2-3 minutes.
- Add in the lime zest and juice and season with salt and pepper. If you put the pork in the oven, remove and place on serving plates.
- Serve sauce on top and garnish with parsley or cilantro. Enjoy!

Nutrition Facts



PROTEIN 30.28% **FAT 29.37%** **CARBS 40.35%**

Properties

Glycemic Index:61.25, Glycemic Load:3.24, Inflammation Score:-9, Nutrition Score:33.96%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Taste

Sweetness: 61.1%, Saltiness: 100%, Sourness: 10.58%, Bitterness: 12.13%, Savoriness: 71.36%, Fattiness: 69.93%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 402.96kcal (20.15%), Fat: 13.34g (20.52%), Saturated Fat: 3.65g (22.81%), Carbohydrates: 41.25g (13.75%), Net Carbohydrates: 37.05g (13.47%), Sugar: 35.03g (38.92%), Cholesterol: 89.78mg (29.93%), Sodium: 276.37mg (12.02%), Protein: 30.94g (61.89%), Vitamin C: 202.97mg (246.02%), Vitamin A: 5016.52IU (100.33%), Vitamin B6: 1.46mg (73.08%), Vitamin K: 75.64µg (72.04%), Vitamin B1: 1mg (66.36%), Selenium: 45.04µg (64.35%), Vitamin B3: 12.31mg (61.56%), Phosphorus: 356.77mg (35.68%), Potassium: 934.83mg (26.71%), Vitamin B2: 0.39mg (22.9%), Vitamin E: 3.21mg (21.43%), Folate: 81.47µg (20.37%), Zinc: 2.57mg (17.13%), Fiber: 4.2g (16.81%), Vitamin B5: 1.57mg (15.69%), Magnesium: 61.44mg (15.36%), Manganese: 0.24mg (12.17%), Vitamin B12: 0.71µg (11.84%), Iron: 1.94mg (10.8%), Copper: 0.14mg (7.11%), Calcium: 61.22mg (6.12%), Vitamin D: 0.54µg (3.57%)