



HEALTH SCORE

73%

Pork with Grapes and Tarragon



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



30

CALORIES



796 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup red wine fruity dry
- ☐ 30 servings kosher salt
- ☐ 1 cup chicken stock see low-sodium
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 30 servings pepper freshly ground
- ☐ 8 pork loin chops boneless
- ☐ 12 ounces grapes black red seedless halved
- ☐ 1 tablespoon red wine vinegar

- ☐ 2 tablespoons shallots minced
- ☐ 1 tablespoon sugar
- ☐ 2 teaspoons tarragon chopped

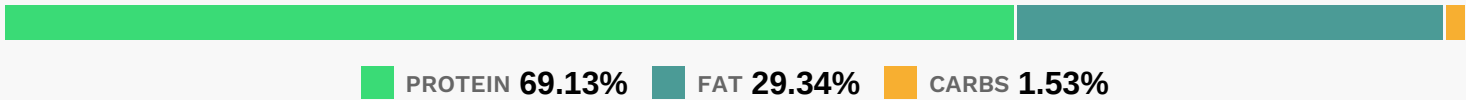
Equipment

- ☐ frying pan

Directions

- ☐ In a very large skillet, heat the olive oil until shimmering. Season the pork with salt and pepper and add the chops to the skillet. Cook over moderately high heat, turning once, until lightly browned and nearly cooked through, about 6 minutes.
- ☐ Transfer the pork to a platter, cover loosely and keep warm.
- ☐ Add the grapes to the skillet and cook until lightly browned, about 3 minutes.
- ☐ Add the shallots and sugar and cook, stirring, until the sugar dissolves, about 1 minute.
- ☐ Add the vinegar and cook until nearly evaporated, about 1 minute.
- ☐ Add the wine and boil over high heat until reduced by half, about 3 minutes.
- ☐ Add the stock and boil until reduced by half, about 4 minutes.
- ☐ Return the pork and any juices to the skillet and simmer until the chops are just cooked, about 2 minutes.
- ☐ Transfer the pork to plates. Boil the sauce until thick and glossy, about 2 minutes. Stir in the tarragon and pour the sauce over the pork.
- ☐ Serve right away.

Nutrition Facts



Properties

Glycemic Index:8.27, Glycemic Load:1.26, Inflammation Score:-6, Nutrition Score:39.140435143009%

Flavonoids

Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 1.05mg, Malvidin: 1.05mg, Malvidin: 1.05mg, Malvidin: 1.05mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 796.05kcal (39.8%), Fat: 24.78g (38.12%), Saturated Fat: 7.46g (46.61%), Carbohydrates: 2.89g (0.96%), Net Carbohydrates: 2.73g (0.99%), Sugar: 2.22g (2.47%), Cholesterol: 368.76mg (122.92%), Sodium: 483.44mg (21.02%), Alcohol: 0.42g (100%), Alcohol %: 0.09% (100%), Protein: 131.36g (262.71%), Selenium: 162.17µg (231.67%), Vitamin B6: 4.44mg (221.78%), Vitamin B1: 2.6mg (173.45%), Vitamin B3: 33.77mg (168.85%), Phosphorus: 1322.64mg (132.26%), Zinc: 10.56mg (70.41%), Vitamin B2: 1.11mg (65.12%), Potassium: 2225.41mg (63.58%), Vitamin B12: 2.99µg (49.88%), Vitamin B5: 4.37mg (43.7%), Magnesium: 153.86mg (38.46%), Iron: 3.29mg (18.27%), Copper: 0.36mg (18.05%), Vitamin D: 2.34µg (15.61%), Vitamin E: 0.92mg (6.12%), Manganese: 0.08mg (3.75%), Calcium: 33.09mg (3.31%), Vitamin K: 2.39µg (2.27%)