



Pork With Plum Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



281 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup cooking wine dry red
- 0.3 cup flour instant (such as Wondra)
- 8 large sprigs mint leaves fresh
- 2 teaspoons ginger grated peeled
- 0.3 cup honey
- 4 servings kosher salt
- 1 cranberry-orange relish
- 4 servings vegetable oil; peanut oil preferred for frying

- 2 large plums cut into 1/2-inch pieces
- 4.5 inch thick pork loin chops boneless trimmed
- 0.3 cup rice vinegar
- 2 tablespoons butter unsalted

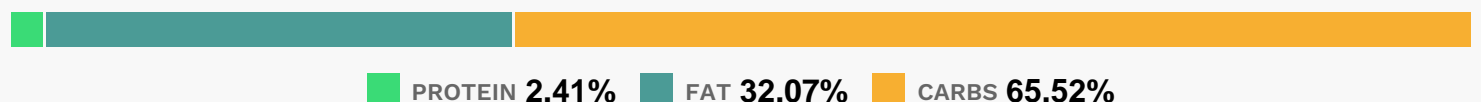
Equipment

- bowl
- frying pan
- whisk
- peeler

Directions

- Whisk 1 tablespoon wine, the ginger and 2 tablespoons ice water in a large bowl.
- Whisk in the flour and 1 teaspoon salt.
- Add the pork, turning to coat; refrigerate while you prepare the sauce.
- Remove the zest from the orange in wide strips using a vegetable peeler.
- Put the zest in a skillet and squeeze in the juice.
- Whisk in the vinegar, honey and the remaining 3/4 cup plus 3 tablespoons wine.
- Add the mint and cook over medium-high heat until syrupy, 10 to 15 minutes.
- Add the plums and cook until slightly soft, about 4 minutes.
- Remove from the heat and discard the mint. Swirl in the butter, if desired, and season with salt.
- Heat 1/4 inch peanut oil in a large nonstick skillet over medium-high heat. Fry the pork until golden and crisp, 4 to 5 minutes per side.
- Transfer to a paper towelled plate to drain. Season with salt and serve with the plum sauce.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:49.61, Glycemic Load:14.75, Inflammation Score:-6, Nutrition Score:3.9843477969584%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.21mg, Peonidin: 1.21mg, Peonidin: 1.21mg, Peonidin: 1.21mg Catechin: 5.57mg, Catechin: 5.57mg, Catechin: 5.57mg, Catechin: 5.57mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 7.45mg, Epicatechin: 7.45mg, Epicatechin: 7.45mg, Epicatechin: 7.45mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 9.13mg, Hesperetin: 9.13mg, Hesperetin: 9.13mg, Hesperetin: 9.13mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 280.52kcal (14.03%), Fat: 8.76g (13.47%), Saturated Fat: 4.12g (25.77%), Carbohydrates: 40.25g (13.42%), Net Carbohydrates: 38.7g (14.07%), Sugar: 29.56g (32.84%), Cholesterol: 16.85mg (5.62%), Sodium: 198.88mg (8.65%), Alcohol: 6.3g (100%), Alcohol %: 3.89% (100%), Protein: 1.48g (2.96%), Vitamin C: 21.39mg (25.92%), Vitamin A: 447.43IU (8.95%), Fiber: 1.56g (6.23%), Vitamin E: 0.75mg (5.02%), Potassium: 154.27mg (4.41%), Manganese: 0.09mg (4.39%), Folate: 14.64µg (3.66%), Vitamin B1: 0.05mg (3.51%), Vitamin B6: 0.06mg (3.1%), Copper: 0.06mg (3.02%), Vitamin B2: 0.05mg (2.69%), Vitamin K: 2.62µg (2.5%), Calcium: 24.85mg (2.49%), Magnesium: 9.47mg (2.37%), Vitamin B3: 0.47mg (2.36%), Phosphorus: 22.58mg (2.26%), Selenium: 1.56µg (2.23%), Iron: 0.38mg (2.09%), Vitamin B5: 0.18mg (1.83%), Zinc: 0.21mg (1.39%)