



Pork with Port Wine and Raisin Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 2 teaspoons honey
- ☐ 1 teaspoon olive oil
- ☐ 16 ounce loin pork chops boneless
- ☐ 0.5 cup port sweet
- ☐ 0.3 cup raisins
- ☐ 0.5 teaspoon salt divided

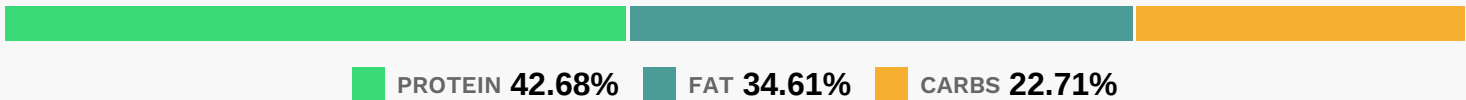
Equipment

☐ frying pan

Directions

- ☐ Combine first 3 ingredients.
- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Sprinkle pork with 1/4 teaspoon salt and pepper; cook 4 minutes on each side or until done.
- ☐ Remove from pan.
- ☐ Add 1/4 teaspoon salt and broth to pan, scraping pan to loosen browned bits.
- ☐ Add raisin mixture; cook over high heat until reduced to 1/2 cup (about 6 minutes).
- ☐ Serve over pork.

Nutrition Facts



Properties

Glycemic Index:39.52, Glycemic Load:6.73, Inflammation Score:-3, Nutrition Score:14.154347800366%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 257.96kcal (12.9%), Fat: 8.99g (13.83%), Saturated Fat: 2.94g (18.37%), Carbohydrates: 13.27g (4.42%), Net Carbohydrates: 12.41g (4.51%), Sugar: 3.1g (3.45%), Cholesterol: 75.98mg (25.33%), Sodium: 465.94mg (20.26%), Alcohol: 3.18g (100%), Alcohol %: 2.13% (100%), Protein: 24.94g (49.88%), Selenium: 38.33µg (54.75%), Vitamin B1: 0.77mg (51.57%), Vitamin B3: 9.42mg (47.12%), Vitamin B6: 0.87mg (43.41%), Phosphorus: 275.7mg (27.57%), Potassium: 572.83mg (16.37%), Vitamin B2: 0.25mg (14.62%), Zinc: 1.84mg (12.25%), Vitamin B12: 0.66µg (10.96%), Magnesium: 37.28mg (9.32%), Vitamin B5: 0.88mg (8.77%), Iron: 1.09mg (6.07%), Copper: 0.11mg (5.59%), Manganese: 0.1mg (5.12%), Fiber: 0.86g (3.44%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.29mg (1.95%), Calcium: 15.81mg (1.58%)