



Portuguese Red Pork



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



3176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 jalapeño chilies fresh stemmed deveined seeded chopped
- ☐ 0.8 cup cooking wine dry white
- ☐ 2 cloves garlic minced
- ☐ 4 servings fresh-ground pepper
- ☐ 1 teaspoon olive oil
- ☐ 6 oz onion finely chopped
- ☐ 1 tablespoon parsley chopped
- ☐ 3 pounds fat-trimmed pork shoulder chops thick (cut 1in.)

- ☐ 8 oz pasilla peppers red peeled
- ☐ 4 servings salt

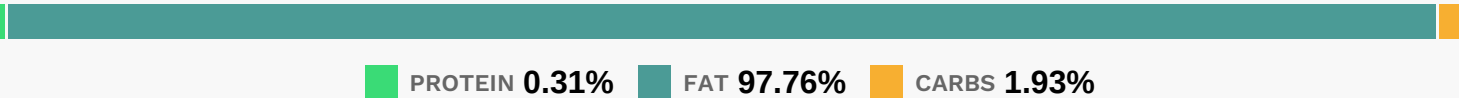
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ In a blender or food processor, smoothly pure jalapeos and red peppers.
- ☐ Rinse pork and pat dry.
- ☐ Place an 11- to 12-inch nonstick frying pan with an ovenproof handle over medium-high heat.
- ☐ Add oil, onion, and garlic and stir often until mixture is lightly browned, 8 to 10 minutes.
- ☐ Pour onion mixture from pan.
- ☐ Add pork chops to pan without crowding and brown evenly, turning once or twice, 3 to 5 minutes per side.
- ☐ Add onion and pured jalapeo mixtures and wine; stir to blend.
- ☐ Cover frying pan tightly (with lid or foil).
- ☐ Bake in a 375 oven until meat is very tender when pierced and pulls from bone easily, about 1 1/2 hours. Uncover, stir, and bake until sauce is slightly thicker, about 10 minutes.
- ☐ Transfer chops to a platter and pour sauce over them.
- ☐ Sprinkle with parsley; add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:4.15, Inflammation Score:-9, Nutrition Score:17.757391400959%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg

Nutrients (% of daily need)

Calories: 3175.89kcal (158.79%), Fat: 341.72g (525.73%), Saturated Fat: 133.58g (834.86%), Carbohydrates: 15.13g (5.04%), Net Carbohydrates: 12.12g (4.41%), Sugar: 8.22g (9.13%), Cholesterol: 323.18mg (107.73%), Sodium: 206.94mg (9%), Alcohol: 4.64g (100%), Alcohol %: 1.06% (100%), Protein: 2.46g (4.92%), Vitamin C: 174.52mg (211.54%), Vitamin D: 8.5µg (56.7%), Vitamin A: 2503.62IU (50.07%), Vitamin B6: 0.6mg (29.99%), Vitamin K: 29.77µg (28.35%), Vitamin E: 3.57mg (23.77%), Manganese: 0.34mg (16.86%), Folate: 51.72µg (12.93%), Potassium: 443.95mg (12.68%), Fiber: 3.02g (12.06%), Magnesium: 32.13mg (8.03%), Vitamin B3: 1.52mg (7.59%), Vitamin B2: 0.13mg (7.49%), Vitamin B1: 0.1mg (7%), Iron: 1.25mg (6.97%), Phosphorus: 67.23mg (6.72%), Copper: 0.12mg (6.13%), Zinc: 0.85mg (5.65%), Vitamin B5: 0.4mg (4.02%), Calcium: 31.92mg (3.19%), Selenium: 1.55µg (2.22%)