



Quick & Easy Pork Chop Skillet

 **Gluten Free**  **Dairy Free**

READY IN



29 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup lite balsamic vinaigrette dressing divided kraft
- 1.5 lb pork chops bone-in
- 1 tsp rosemary leaves dried crushed
- 1 clove garlic minced
- 1 tsp oil
- 1 small onion sliced
- 15 oz pear halves in juice undrained canned

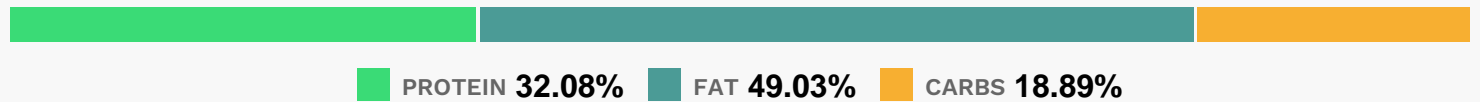
Equipment

frying pan

Directions

- Cook chops in oil in large nonstick skillet on medium-high heat 3 min. on each side or until browned on both sides.
- Remove chops from skillet; set aside.
- Add onions, garlic, rosemary and 2 Tbsp. dressing to skillet; stir. Cook 3 min., stirring occasionally. Return chops to skillet.
- Add pears and remaining dressing; simmer on medium 10 min. or until chops are done (160F).
- Serve chops topped with the sauce.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.48, Inflammation Score:-4, Nutrition Score:16.863043519466%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 335.73kcal (16.79%), Fat: 18.12g (27.88%), Saturated Fat: 4.42g (27.64%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 15.16g (5.51%), Sugar: 8.98g (9.98%), Cholesterol: 88.03mg (29.34%), Sodium: 212.4mg (9.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.68g (53.35%), Selenium: 43.75µg (62.5%), Vitamin B6: 0.94mg (46.77%), Vitamin C: 37.65mg (45.63%), Vitamin B3: 8.79mg (43.96%), Vitamin B1: 0.64mg (42.7%), Phosphorus: 285.82mg (28.58%), Potassium: 607.2mg (17.35%), Vitamin B2: 0.28mg (16.46%), Zinc: 2.39mg (15.94%), Vitamin B12: 0.68µg (11.27%), Magnesium: 43mg (10.75%), Vitamin B5: 0.92mg (9.24%), Copper: 0.16mg (8.01%), Iron: 0.94mg (5.23%), Calcium: 47.69mg (4.77%), Vitamin K: 4.5µg (4.29%), Vitamin D: 0.64µg (4.25%), Vitamin E: 0.45mg (3%), Manganese: 0.05mg (2.48%), Fiber: 0.55g (2.19%), Folate: 8.52µg (2.13%)