



Quick Pork with Sweet Bourbon Sauce

 Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons balsamic vinegar
- 0.3 teaspoon pepper black
- 0.3 cup bourbon
- 3 tablespoons brown sugar dark
- 0.5 cup diet cola
- 2 tablespoons soya sauce low-sodium
- 24 ounce center-cut loin pork chops bone-in (1/)
- 0.3 teaspoon pepper flakes dried red

Equipment

- bowl
- frying pan

Directions

- Combine first 6 ingredients in a small bowl; set aside.
- Sprinkle both sides of pork with black pepper.
- Place a large nonstick skillet over medium-high heat until hot. Coat pan with cooking spray; add pork, and cook 4 minutes on each side.
- Remove pork from pan, and keep warm.
- Add cola mixture to pan; scrape pan to loosen browned bits. Bring to a boil; reduce heat to medium, and cook about 5 minutes or until mixture is reduced to about 1/2 cup.
- Return pork to pan, and simmer 2 minutes. Turn pork, and cook 2 minutes or until pork is no longer pink and mixture is reduced to 1/3 cup.

Nutrition Facts

  
PROTEIN 49.57% **FAT 35.23%** **CARBS 15.2%**

Properties

Glycemic Index:24.25, Glycemic Load:1.04, Inflammation Score:-3, Nutrition Score:19.823478444763%

Nutrients (% of daily need)

Calories: 348.58kcal (17.43%), Fat: 11.85g (18.23%), Saturated Fat: 4.18g (26.09%), Carbohydrates: 11.5g (3.83%), Net Carbohydrates: 11.37g (4.13%), Sugar: 10.57g (11.75%), Cholesterol: 113.97mg (37.99%), Sodium: 378.33mg (16.45%), Alcohol: 5.01g (100%), Alcohol %: 2.6% (100%), Protein: 37.51g (75.03%), Selenium: 56.51µg (80.73%), Vitamin B1: 1.14mg (76.04%), Vitamin B3: 13.71mg (68.53%), Vitamin B6: 1.25mg (62.73%), Phosphorus: 404.46mg (40.45%), Vitamin B2: 0.34mg (20.16%), Potassium: 694.5mg (19.84%), Zinc: 2.73mg (18.19%), Vitamin B12: 0.9µg (15.03%), Magnesium: 52.4mg (13.1%), Vitamin B5: 1.28mg (12.77%), Iron: 1.15mg (6.41%), Copper: 0.11mg (5.66%), Vitamin D: 0.68µg (4.54%), Manganese: 0.09mg (4.4%), Calcium: 26.87mg (2.69%), Vitamin E: 0.3mg (2.02%)