



Red Currant-Glazed Pork Chops



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper
- ☐ 16 ounce boned center-cut loin pork chops lean 1/
- ☐ 0.3 cup currant jelly red
- ☐ 0.8 teaspoon rubbed sage
- ☐ 0.5 teaspoon salt

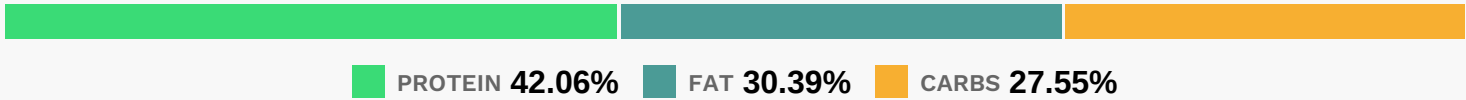
Equipment

- ☐ frying pan

Directions

- ☐ Trim fat from chops.
- ☐ Sprinkle sage, salt, and pepper over both sides of chops. Coat a medium nonstick skillet with cooking spray; place over medium heat until hot.
- ☐ Add chops, and cook for 7 minutes on each side or until done.
- ☐ Remove the chops from skillet, and place on a serving platter; set aside, and keep warm.
- ☐ Add jelly and vinegar to skillet, and cook 2 minutes or until thickened and bubbly, stirring constantly. Spoon over chops.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:8.62, Inflammation Score:-1, Nutrition Score:13.18565207979%

Nutrients (% of daily need)

Calories: 242.25kcal (12.11%), Fat: 7.89g (12.14%), Saturated Fat: 2.78g (17.4%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 15.82g (5.75%), Sugar: 11.5g (12.78%), Cholesterol: 75.98mg (25.33%), Sodium: 353.78mg (15.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.57g (49.14%), Selenium: 37.97µg (54.24%), Vitamin B1: 0.76mg (50.67%), Vitamin B3: 9.07mg (45.34%), Vitamin B6: 0.83mg (41.42%), Phosphorus: 262.05mg (26.21%), Vitamin B2: 0.23mg (13.31%), Potassium: 450.22mg (12.86%), Zinc: 1.78mg (11.87%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.83mg (8.3%), Magnesium: 31.59mg (7.9%), Copper: 0.09mg (4.44%), Iron: 0.75mg (4.16%), Vitamin D: 0.45µg (3.02%), Vitamin C: 1.88mg (2.27%), Manganese: 0.04mg (2.21%), Calcium: 15.39mg (1.54%), Vitamin E: 0.18mg (1.17%), Fiber: 0.27g (1.09%)