



## Roasted Pork Chops with Hard Cider Jus

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1.3 teaspoons pepper black
- ☐ 1 cup cider hard
- ☐ 8 rib rib pork chops 1-inch-thick () (4 lb total)
- ☐ 1 teaspoon sea salt fine
- ☐ 1 lb shallots separated halved lengthwise
- ☐ 2.5 tablespoons butter unsalted

### Equipment

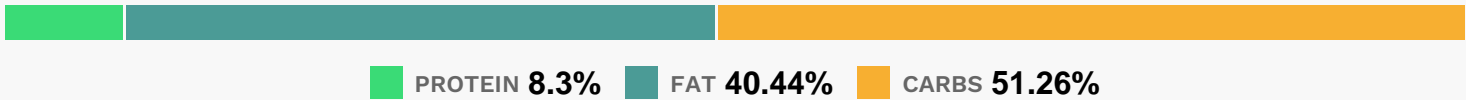
- ☐ frying pan

- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ tongs

## Directions

- ☐ Preheat oven to 450°F.
- ☐ Pat pork chops dry and sprinkle both sides with sea salt and pepper.
- ☐ Heat 1 1/2 tablespoons butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then brown chops in 3 batches, turning once, 6 minutes per batch, and transfer with tongs to a large shallow baking pan (1 inch deep).
- ☐ Add shallots and remaining tablespoon butter to skillet and cook over moderate heat, turning occasionally, until golden brown and tender, 6 to 8 minutes.
- ☐ Add cider and boil, stirring and scraping up brown bits, until reduced to about 3/4 cup, about 3 minutes.
- ☐ Spoon shallots and sauce around chops and roast in lower third of oven until thermometer inserted horizontally into center of 1 chop (do not touch bone) registers 150°F, 7 to 9 minutes.
- ☐ Let chops stand, loosely covered with foil, 5 minutes (temperature will rise to 155°F while standing).
- ☐ Serve chops with shallots and sauce.

## Nutrition Facts



## Properties

Glycemic Index:7.75, Glycemic Load:2.35, Inflammation Score:-4, Nutrition Score:3.2569564963165%

## Nutrients (% of daily need)

Calories: 86.62kcal (4.33%), Fat: 3.68g (5.67%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 10.51g (3.5%), Net Carbohydrates: 8.62g (3.13%), Sugar: 5.25g (5.83%), Cholesterol: 10.08mg (3.36%), Sodium: 299.69mg (13.03%), Alcohol: 1.48g (100%), Alcohol %: 2.02% (100%), Protein: 1.7g (3.41%), Manganese: 0.21mg (10.32%), Vitamin B6:

0.2mg (10.2%), Fiber: 1.89g (7.57%), Potassium: 198.37mg (5.67%), Vitamin C: 4.54mg (5.5%), Folate: 19.46µg (4.87%), Iron: 0.72mg (3.99%), Phosphorus: 37.82mg (3.78%), Magnesium: 12.8mg (3.2%), Copper: 0.06mg (2.78%), Vitamin B1: 0.04mg (2.75%), Calcium: 23.66mg (2.37%), Vitamin A: 113.35IU (2.27%), Vitamin B5: 0.18mg (1.81%), Zinc: 0.25mg (1.67%), Selenium: 1.07µg (1.53%), Vitamin K: 1.27µg (1.21%)