



Roasted Pork Chops with Serrano Ham Vinaigrette

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 slices bacon
- ☐ 1.5 tablespoons butter melted
- ☐ 6 servings fleur del sel french (sea salt; optional)
- ☐ 5.5 tablespoons brown sugar packed ()
- ☐ 1.7 cups low-salt chicken broth
- ☐ 0.3 cup red wine vinegar
- ☐ 2 ounces serrano ham finely chopped

- ☐ 1 large shallots finely chopped
- ☐ 0.3 cup ham smoked chopped
- ☐ 4 large thyme sprigs fresh
- ☐ 2 tablespoons vegetable oil
- ☐ 6 servings yukon gold potato and fuji apple gratins

Equipment

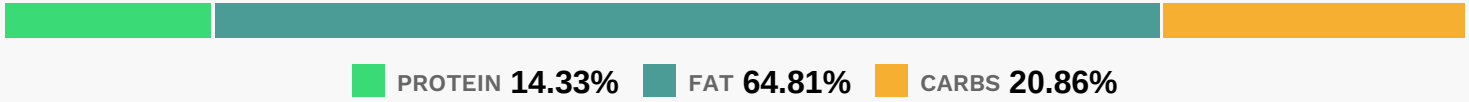
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ measuring cup

Directions

- ☐ Cook bacon in large skillet over medium heat until fat is rendered, about 6 minutes.
- ☐ Remove bacon and reserve for another use.
- ☐ Transfer 1/3 cup bacon drippings to measuring cup (add vegetable oil to measure 1/3 cup if necessary).
- ☐ Boil broth in heavy small saucepan until reduced to 1 cup, about 10 minutes. Set aside.
- ☐ Heat 1 tablespoon oil in medium nonstick skillet over medium-low heat.
- ☐ Add shallot; sauté until tender, about 3 minutes.
- ☐ Add chopped ham, then brown sugar and vinegar. Increase heat to medium; stir until mixture is syrupy, about 2 minutes.
- ☐ Add reduced broth; boil until slightly reduced, about 3 minutes.
- ☐ Pour through strainer into same small saucepan; discard solids in strainer. Set vinaigrette aside.

- ☐ Preheat oven to 375°F.
- ☐ Sprinkle pork chops with salt and pepper.
- ☐ Heat oil in heavy large skillet over high heat. Working in batches, add pork chops to skillet; cook until golden brown, about 2 minutes per side.
- ☐ Transfer to roasting pan large enough to hold chops in single layer.
- ☐ Add thyme sprigs to pan; place in oven and roast until instant-read thermometer inserted into chops registers 150°F, about 8 minutes.
- ☐ Remove from oven; let stand while finishing vinaigrette.
- ☐ Rewarm vinaigrette over medium heat.
- ☐ Whisk in bacon drippings and Serrano ham. Season with salt and pepper.
- ☐ Place 1 pork chop on each of 6 plates.
- ☐ Drizzle with melted butter.
- ☐ Sprinkle with fleur de sel, if desired. Spoon vinaigrette over.
- ☐ Serve with potato gratins.

Nutrition Facts



Properties

Glycemic Index:34.79, Glycemic Load:0.33, Inflammation Score:-6, Nutrition Score:3.5282609125842%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 245.11kcal (12.26%), Fat: 17.86g (27.48%), Saturated Fat: 5.82g (36.39%), Carbohydrates: 12.94g (4.31%), Net Carbohydrates: 12.69g (4.61%), Sugar: 11.1g (12.34%), Cholesterol: 31.64mg (10.55%), Sodium: 686.35mg (29.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.89g (17.78%), Vitamin B3: 1.83mg (9.14%), Vitamin K: 8.63µg (8.22%), Phosphorus: 79.21mg (7.92%), Selenium: 4.64µg (6.63%), Potassium: 166.83mg (4.77%), Vitamin B6: 0.09mg (4.47%), Vitamin B1: 0.06mg (4.3%), Iron: 0.76mg (4.25%), Copper: 0.08mg (4.01%), Vitamin E: 0.55mg (3.66%), Zinc: 0.54mg (3.58%), Vitamin B12: 0.18µg (3.03%), Vitamin A: 127.46IU (2.55%), Vitamin B2: 0.04mg (2.53%), Magnesium: 9.86mg (2.46%), Vitamin C: 1.65mg (2%), Manganese: 0.04mg (1.98%), Calcium: 19.72mg

(1.97%), Vitamin B5: 0.16mg (1.58%)