



Rosemary and Garlic Simmered Pork Chops

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 teaspoons rosemary dried
- ☐ 2 cloves garlic chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 1 cup beef broth low-sodium
- ☐ 24 ounce center-cut pork loin chops boneless trimmed of fat
- ☐ 0.5 teaspoon salt

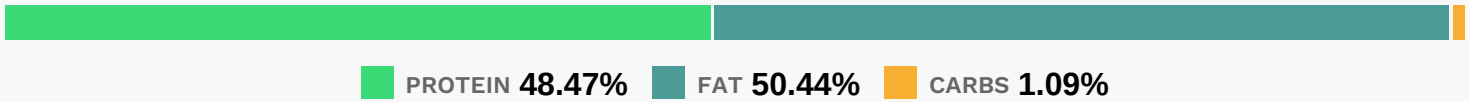
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ kitchen thermometer

Directions

- ☐ In a small bowl, combine rosemary, ground pepper, and salt; rub rosemary mixture on pork chops.
- ☐ Melt butter in a large skillet over medium-high heat; stir the garlic into the melted butter, then place the pork chops in the skillet. Cook the pork chops 3 to 5 minutes per side, or until golden brown. Turn the heat down to low, pour in the beef broth and simmer for 35 to 45 minutes, or until pork chops are fully cooked and meat thermometer inserted into thickest chop reads 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:19.807826078132%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 321.25kcal (16.06%), Fat: 17.51g (26.94%), Saturated Fat: 7.78g (48.61%), Carbohydrates: 0.85g (0.28%), Net Carbohydrates: 0.67g (0.24%), Sugar: 0.02g (0.02%), Cholesterol: 129.02mg (43.01%), Sodium: 527.72mg (22.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.87g (75.73%), Selenium: 56.61µg (80.88%), Vitamin B1: 1.14mg (75.91%), Vitamin B3: 13.61mg (68.04%), Vitamin B6: 1.26mg (62.8%), Phosphorus: 389.22mg (38.92%), Potassium: 769.34mg (21.98%), Vitamin B2: 0.32mg (18.81%), Zinc: 2.67mg (17.79%), Vitamin B12: 0.91µg (15.22%), Vitamin B5: 1.26mg (12.6%), Magnesium: 45.71mg (11.43%), Copper: 0.11mg (5.34%), Iron: 0.94mg (5.24%), Manganese: 0.1mg (5.12%), Vitamin D: 0.68µg (4.54%), Vitamin A: 186.17IU (3.72%), Vitamin E: 0.39mg (2.6%), Calcium: 19.34mg (1.93%), Vitamin K: 1.33µg (1.27%)