



HEALTH SCORE

93%

Rosemary-Crusted Pork Chops with Pears



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



2991 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple juice dry white
- ☐ 1 tablespoon rosemary fresh finely chopped
- ☐ 2 garlic cloves pressed
- ☐ 2 tablespoons brown sugar light
- ☐ 3 pears peeled quartered
- ☐ 2 teaspoons pepper
- ☐ 6 pork loin chops boneless
- ☐ 1 large purple onion cut into eighths

☐ 1 teaspoon salt

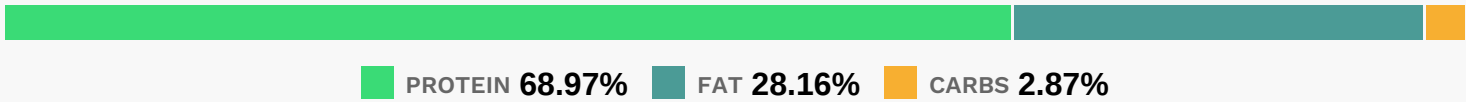
Equipment

☐ frying pan

Directions

- ☐ Stir together first 4 ingredients, and set aside.
- ☐ Spray a large skillet with cooking spray for 3 seconds; heat over medium-high heat.
- ☐ Add onion, and saut 10 minutes or until lightly browned.
- ☐ Remove from pan.
- ☐ Spray pork chops on both sides with cooking spray for 2 seconds, and press firmly with rosemary mixture. Spray each pork chop on both sides with cooking spray 1 additional second, and place in skillet.
- ☐ Cook chops over medium-high heat 6 minutes on each side.
- ☐ Add wine; cook, covered, 10 minutes.
- ☐ Remove pork chops, reserving drippings in pan.
- ☐ Add onion, pear, and brown sugar to skillet; cook, stirring occasionally, 10 minutes.
- ☐ Serve over pork chops.

Nutrition Facts



Properties

Glycemic Index:23.46, Glycemic Load:4.59, Inflammation Score:-9, Nutrition Score:59.737825943076%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

Epigallocatechin 3–gallate: 0.15mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 2990.66kcal (149.53%), Fat: 89.31g (137.39%), Saturated Fat: 27.44g (171.5%), Carbohydrates: 20.51g (6.84%), Net Carbohydrates: 17.2g (6.26%), Sugar: 13.54g (15.05%), Cholesterol: 1382.85mg (460.95%), Sodium: 1467.26mg (63.79%), Alcohol: 2.06g (100%), Alcohol %: 0.11% (100%), Protein: 492.15g (984.29%), Selenium: 608.44µg (869.2%), Vitamin B6: 16.65mg (832.36%), Vitamin B1: 9.75mg (649.79%), Vitamin B3: 126.31mg (631.55%), Phosphorus: 4961.31mg (496.13%), Zinc: 39.68mg (264.53%), Vitamin B2: 4.14mg (243.44%), Potassium: 8374mg (239.26%), Vitamin B12: 11.19µg (186.57%), Vitamin B5: 16.45mg (164.51%), Magnesium: 582.83mg (145.71%), Copper: 1.37mg (68.45%), Iron: 12.24mg (68.01%), Vitamin D: 8.78µg (58.53%), Vitamin E: 2.97mg (19.81%), Manganese: 0.35mg (17.6%), Calcium: 133.16mg (13.32%), Fiber: 3.31g (13.23%), Vitamin C: 5.57mg (6.75%), Vitamin K: 5.18µg (4.93%), Folate: 10.46µg (2.62%)