



Sage-Rubbed Pork Chops with Pickled Peach Relish



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



35

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 tablespoon peppercorns whole black
- ☐ 35 servings kosher salt
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 4 large ripe-but-firm peaches pitted cut into 1/2-inch dice (large)
- ☐ 40 ounces pork rib chops bone-in 1-inch-thick
- ☐ 20 small sage leaves chopped (small)

- ☐ 0.3 cup sugar
- ☐ 1.5 cups water
- ☐ 2 cups citrus champagne vinegar
- ☐ 2 tablespoons mustard seeds yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ slotted spoon

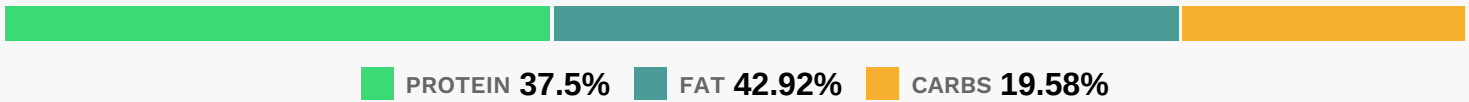
Directions

- ☐ In a large saucepan, combine the white wine vinegar with the water, sugar, mustard seeds, bay leaf, 1 tablespoon of whole peppercorns and 2 tablespoons of salt and bring to a boil to dissolve the sugar.
- ☐ Put the diced peaches in a large, heatproof bowl and pour the hot brine over them.
- ☐ Let the peaches stand for 1 hour, then refrigerate them for about 30 minutes, until the peaches are chilled.
- ☐ Meanwhile, in a small bowl, combine 1 tablespoon of the oil with the chopped sage, coarsely ground pepper and 1 tablespoon plus 1 teaspoon of salt. Rub the mixture all over the chops and let stand for 30 minutes.
- ☐ Preheat the oven to 40
- ☐ In a large ovenproof skillet, heat 1 tablespoon of the oil until shimmering.
- ☐ Add the chops to the skillet and cook over moderately high heat until browned, 3 minutes per side.
- ☐ Transfer the skillet to the oven and roast for 5 minutes, until an instant-read thermometer inserted in the thickest part of the meat nearest the bone registers 14
- ☐ Transfer the chops to a plate to rest for 10 minutes.

- ☐
- Meanwhile, in a medium skillet, heat the remaining 1 tablespoon of oil.

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Nutrition Facts



Properties

Glycemic Index:4.07, Glycemic Load:1.72, Inflammation Score:-1, Nutrition Score:4.8508695700894%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 81.28kcal (4.06%), Fat: 3.75g (5.76%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 3.39g (1.23%), Sugar: 3.15g (3.5%), Cholesterol: 21.71mg (7.24%), Sodium: 213.72mg (9.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.73%), Selenium: 12.48µg (17.82%), Vitamin B1: 0.23mg (15.09%), Vitamin B3: 2.78mg (13.91%), Vitamin B6: 0.24mg (12.18%), Phosphorus: 84.38mg (8.44%), Copper: 0.12mg (5.76%), Potassium: 159.21mg (4.55%), Vitamin B2: 0.07mg (4.04%), Zinc: 0.6mg (3.97%), Manganese: 0.08mg (3.78%), Magnesium: 13.53mg (3.38%), Vitamin B12: 0.17µg (2.86%), Vitamin B5: 0.28mg (2.75%), Vitamin E: 0.4mg (2.64%), Iron: 0.39mg (2.17%), Fiber: 0.45g (1.81%), Vitamin K: 1.82µg (1.74%), Vitamin A: 68.43IU (1.37%), Vitamin C: 0.93mg (1.13%)