



## San Francisco Pork Chops

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup beef broth
- 2 tablespoons brown sugar
- 2 teaspoons cornstarch
- 1 clove garlic minced
- 3 inch pork chops boneless trimmed
- 0.3 teaspoon pepper flakes red
- 0.3 cup soya sauce
- 2 teaspoons vegetable oil

2 tablespoons water

## Equipment

bowl

frying pan

whisk

## Directions

Heat 1 tablespoon vegetable oil in a skillet over medium heat. Brown chops in hot oil, about 5 minutes per side; remove pork to a plate, reserving oil in skillet.

Cook and stir garlic in reserved drippings until fragrant, about 1 minute.

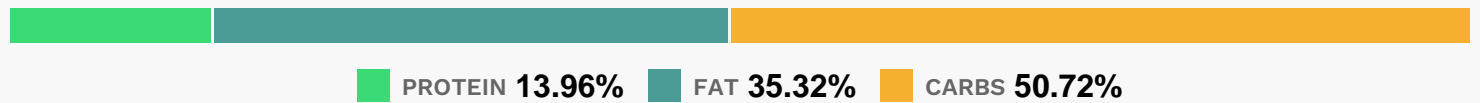
Whisk beef broth, soy sauce, brown sugar, 2 teaspoons vegetable oil, and red pepper flakes in a bowl, dissolving brown sugar. Return pork chops to skillet and pour soy sauce mixture over the chops. Bring sauce to a boil, cover skillet, and reduce heat to low. Simmer chops until tender, 30 to 35 minutes, turning once halfway through cooking.

Transfer chops to a serving platter.

Whisk cornstarch and water in a small bowl until smooth; stir into pan juices and simmer until thickened, about 5 minutes.

Pour sauce over chops to serve.

## Nutrition Facts



## Properties

Glycemic Index:11.25, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:1.6686956592552%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 60.67kcal (3.03%), Fat: 2.45g (3.77%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 7.92g (2.64%), Net Carbohydrates: 7.74g (2.81%), Sugar: 6.08g (6.76%), Cholesterol: 1.28mg (0.43%), Sodium: 871.01mg (37.87%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Manganese: 0.09mg (4.65%), Vitamin B3: 0.87mg (4.34%), Vitamin K: 4.28µg (4.08%), Vitamin B6: 0.06mg (2.94%), Phosphorus: 27mg (2.7%), Iron: 0.46mg (2.57%), Magnesium: 7.61mg (1.9%), Vitamin B2: 0.03mg (1.81%), Potassium: 59.4mg (1.7%), Vitamin E: 0.23mg (1.57%), Vitamin B1: 0.02mg (1.56%), Selenium: 1.08µg (1.55%), Copper: 0.03mg (1.43%), Calcium: 10.93mg (1.09%)