



Sautéed Boneless Pork Chops with Tomato-Sage Pan Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 2 teaspoons sage fresh divided chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon kosher salt

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- ☐ 16 ounce center-cut loin pork chops boneless (3/)
- ☐ 1 cup tomatoes seeded chopped

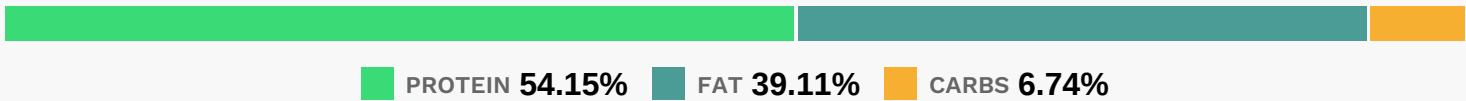
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine 1 teaspoon sage, 1/2 teaspoon salt, and 1/2 teaspoon pepper in a small bowl.
- ☐ Sprinkle both sides of pork with sage mixture.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork; cook 3 minutes on each side or until browned.
- ☐ Remove from heat; set aside.
- ☐ Add remaining 1 teaspoon of sage, white wine, and minced garlic to pan, scraping to loosen browned bits. Cook 1 1/2 minutes or until reduced to about 1/4 cup. Stir in seeded tomato and chicken broth, and cook 4 minutes or until slightly thick. Return pork and accumulated juices to pan. Cover and cook 1 minute or until heated.
- ☐ Sprinkle with 1/4 teaspoon kosher salt and 1/8 teaspoon black pepper.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:19.258260758027%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg

0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 212.11kcal (10.61%), Fat: 8.04g (12.36%), Saturated Fat: 2.82g (17.64%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 2.49g (0.9%), Sugar: 1.31g (1.45%), Cholesterol: 75.98mg (25.33%), Sodium: 552.21mg (24.01%), Alcohol: 3.09g (100%), Alcohol %: 1.96% (100%), Protein: 25.03g (50.07%), Copper: 3.13mg (156.48%), Selenium: 38.11µg (54.44%), Vitamin B1: 0.78mg (51.93%), Vitamin B3: 9.41mg (47.03%), Vitamin B6: 0.89mg (44.48%), Phosphorus: 275.34mg (27.53%), Potassium: 551.34mg (15.75%), Vitamin B2: 0.23mg (13.4%), Zinc: 1.9mg (12.67%), Manganese: 0.25mg (12.63%), Vitamin B12: 0.63µg (10.49%), Magnesium: 39.34mg (9.84%), Vitamin B5: 0.9mg (9.01%), Vitamin C: 5.57mg (6.75%), Vitamin A: 316.67IU (6.33%), Iron: 0.94mg (5.22%), Vitamin K: 3.6µg (3.43%), Vitamin D: 0.45µg (3.02%), Calcium: 25.86mg (2.59%), Fiber: 0.63g (2.52%), Vitamin E: 0.35mg (2.35%), Folate: 6.13µg (1.53%)