



Sauteed Pork Chop with Sage-Cider Cream Sauce

 Gluten Free

READY IN



25 min.

SERVINGS



1

CALORIES



358 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 1.5 teaspoons parsley fresh finely chopped
- ☐ 1 teaspoon sage fresh finely chopped
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.3 cup onion finely chopped
- ☐ 1 rib pork chops 1-inch-thick ()

☐ 0.5 cup water

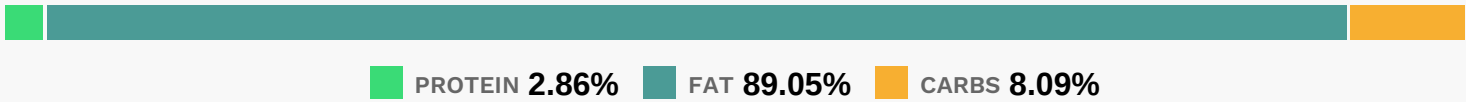
Equipment

- ☐ frying pan
- ☐ kitchen thermometer
- ☐ tongs

Directions

- ☐ Pat chop dry and season with salt and pepper.
- ☐ Heat oil in an 8- to 10-inch heavy skillet over moderately high heat until hot but not smoking, then brown chop, turning over once, 5 to 6 minutes total.
- ☐ Transfer with tongs to a plate.
- ☐ Pour off all but 1 teaspoon fat from skillet and reduce heat to moderate, then cook onion, stirring occasionally, until softened and golden brown, 2 to 4 minutes.
- ☐ Add vinegar and boil until liquid is evaporated, about 3 seconds.
- ☐ Return chop to skillet along with any juices accumulated on plate, then add water, cream, and sage and simmer, covered, without turning, until thermometer inserted horizontally into center of chop (avoid bone) registers 150°F, 5 to 6 minutes.
- ☐ Transfer chop to a clean plate, then simmer sauce, uncovered, stirring, until liquid is reduced to about 3 tablespoons, 1 to 2 minutes. Stir in parsley and salt and pepper to taste. Spoon sauce over chop.

Nutrition Facts



Properties

Glycemic Index:99, Glycemic Load:1.21, Inflammation Score:-6, Nutrition Score:10.181739198125%

Flavonoids

Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg

Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg

Nutrients (% of daily need)

Calories: 358.21kcal (17.91%), Fat: 35.7g (54.93%), Saturated Fat: 15.72g (98.25%), Carbohydrates: 7.3g (2.43%), Net Carbohydrates: 6.24g (2.27%), Sugar: 4.12g (4.58%), Cholesterol: 67.9mg (22.64%), Sodium: 26.56mg (1.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Copper: 6.11mg (305.6%), Vitamin A: 888.39IU (17.77%), Vitamin E: 2.58mg (17.18%), Manganese: 0.34mg (17.17%), Vitamin K: 13.01µg (12.39%), Vitamin B2: 0.13mg (7.69%), Calcium: 70.71mg (7.07%), Vitamin D: 0.96µg (6.37%), Phosphorus: 55.46mg (5.55%), Vitamin C: 4.5mg (5.46%), Potassium: 169.52mg (4.84%), Vitamin B6: 0.09mg (4.61%), Fiber: 1.05g (4.22%), Magnesium: 15.92mg (3.98%), Selenium: 2.41µg (3.45%), Vitamin B1: 0.05mg (3.28%), Folate: 12.74µg (3.19%), Iron: 0.55mg (3.04%), Vitamin B5: 0.23mg (2.25%), Zinc: 0.31mg (2.08%), Vitamin B12: 0.1µg (1.68%)