

DINNER

Sautéed Pork Chops Niçoise

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$2.38	260 kcal

Sautéed Pork Chops Niçoise might be just the main course you are searching for. This recipe makes 4 servings with 260 calories, 27g of protein, and 10g of fat each. For \$2.38 per serving, this recipe covers 21% of your daily requirements of vitamins and minerals. This recipe is liked by 1 foodies an...

Ingredients

☐ ¼ teaspoon black pepper	☐ 2 teaspoons bottled minced garlic
☐ 14½ ounce diced tomatoes, undrained canned	☐ 3 tablespoons dry white wine
☐ 3 tablespoons all-purpose flour	☐ 2 tablespoons chopped fresh parsley
☐ 4 teaspoons chopped pitted niçoise olives	☐ 16 ounce boneless center-cut loin pork chops (about 1/2 inch thick)
☐ ½ teaspoon salt	☐ 1 teaspoon vegetable oil

EQUIPMENT Bowl, Frying pan

Method

- 1 Heat vegetable oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- 2 Sprinkle pork with salt and pepper.
- 3 Place flour in a shallow bowl. Dredge pork in flour, turning to coat; shake off excess flour.

- 4 Add pork to pan; cook 3 1/2 minutes on each side or until browned.
- 5 Remove pork from pan.
- 6 Add garlic to pan; saut 10 seconds.
- 7 Add wine, olives, and tomatoes; cook 2 minutes. Return pork to pan; cook 1 minute.
- 8 Sprinkle with parsley.

Nutrition per serving

260

KCAL

27 g

PROTEIN

10 g

FAT

13 g

CARBS

Saturated Fat	3.1 g · 19% of daily needs
Fibre	2.4 g · 10% of daily needs
Sugar	4.7 g · 5% of daily needs
Sodium	560 mg · 24% of daily needs
Cholesterol	76 mg · 25% of daily needs
Vitamin C	12.9 mg · 16% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/sauteed-pork-chops-nicoise-148259