



# Sauteed Pork Chops with Sherry-Berry Pan Gravy, Rhubarb Chutney

READY IN

ready

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35 min.

SERVINGS

servings

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4

CALORIES

calories

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692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 cup beef stock
- ☐ 6 tablespoons butter divided
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 Handful golden raisins
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 32 ounce center cut pork loin chops boneless

- ☐ 2 tablespoons raspberry all-fruit preserves recommended: Polaner
- ☐ 2 stalks rhubarb trimmed chopped
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup cooking sherry
- ☐ 3 tablespoons sugar

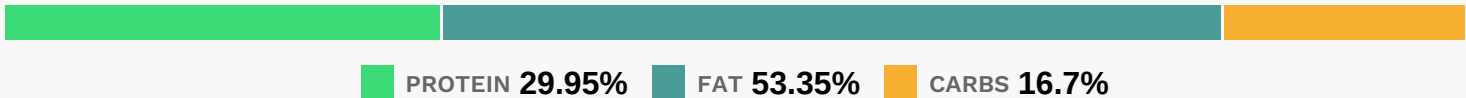
## Equipment

- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil

## Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium skillet over medium heat melt 2 tablespoons of butter.
- ☐ Add sugar, lemon juice, vinegar and bring to a bubble.
- ☐ Add rhubarb and raisins and cook 10 to 12 minutes until rhubarb is tender. Turn off the heat and set aside until the pork chops are done.
- ☐ Place a nonstick skillet over medium-high heat with extra-virgin olive oil, 2 turns of the pan. When the oil smokes or ripples, add chops, season with salt and pepper and cook 6 minutes on each side.
- ☐ Remove the chops and keep warm under foil tent while the meat rests.
- ☐ Add remaining butter to pan, when it melts add the flour and cook a minute then whisk in sherry and reduce 30 seconds then whisk in stock then preserves. Season the gravy with a little black pepper.
- ☐ Serve chops with gravy ladled over top and rhubarb chutney along side.

## Nutrition Facts



## Properties

Glycemic Index:96.19, Glycemic Load:15.77, Inflammation Score:-6, Nutrition Score:28.72608731104%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3–gallate: 0.15mg, Epicatechin 3–gallate: 0.15mg, Epicatechin 3–gallate: 0.15mg, Epicatechin 3–gallate: 0.15mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 692.31kcal (34.62%), Fat: 39.95g (61.46%), Saturated Fat: 17.36g (108.48%), Carbohydrates: 28.14g (9.38%), Net Carbohydrates: 27.21g (9.89%), Sugar: 21.35g (23.73%), Cholesterol: 197.1mg (65.7%), Sodium: 506.92mg (22.04%), Alcohol: 1.54g (100%), Alcohol %: 0.52% (100%), Protein: 50.46g (100.92%), Selenium: 76.88µg (109.83%), Vitamin B1: 1.55mg (103.16%), Vitamin B3: 18.68mg (93.41%), Vitamin B6: 1.71mg (85.3%), Phosphorus: 549.05mg (54.9%), Potassium: 1078.24mg (30.81%), Vitamin B2: 0.5mg (29.26%), Zinc: 3.69mg (24.59%), Vitamin B12: 1.24µg (20.63%), Magnesium: 71.63mg (17.91%), Vitamin B5: 1.73mg (17.26%), Vitamin K: 13.51µg (12.87%), Vitamin E: 1.89mg (12.6%), Vitamin A: 560.1IU (11.2%), Iron: 1.75mg (9.72%), Copper: 0.19mg (9.67%), Manganese: 0.15mg (7.27%), Vitamin D: 0.91µg (6.05%), Calcium: 57.66mg (5.77%), Vitamin C: 4.61mg (5.59%), Fiber: 0.93g (3.72%), Folate: 8.67µg (2.17%)