



Sauteed Pork Chops with Sweet-and-Sour Red Cabbage

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



269 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 slices bacon chopped
- ☐ 0.8 teaspoon pepper black
- ☐ 0.5 teaspoon caraway seeds
- ☐ 1 medium onion chopped
- ☐ 4 rib rib pork chops bone-in 1-inch-thick ()
- ☐ 1.8 lb cabbage red cored halved lengthwise sliced
- ☐ 0.3 cup red-wine vinegar

- ☐ 1.3 teaspoons salt
- ☐ 2 tablespoons sugar
- ☐ 1 tablespoons vegetable oil
- ☐ 0.8 cup water

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ tongs

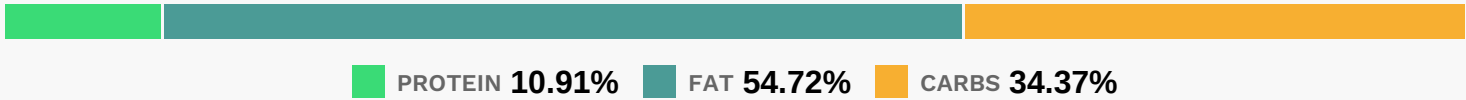
Directions

- ☐ Put oven rack in middle position and preheat oven to 450°F.
- ☐ Cook bacon in a 4- to 5-quart wide heavy pot over moderate heat, stirring occasionally, until crisp, and transfer with a slotted spoon to paper towels to drain. Measure fat and, if less than 2 tablespoons, add enough vegetable oil to bring total to 2 tablespoons.
- ☐ Heat fat over moderately high heat until hot but not smoking, then cook onion, stirring occasionally, until it begins to turn golden, about 2 minutes.
- ☐ Add cabbage and turn with tongs until coated with fat. Stir in red-wine vinegar, water, sugar, caraway seeds, 3/4teaspoon salt, and 1/4 teaspoon pepper and braise cabbage over moderately low heat, covered, stirring occasionally, until tender, 25 to 35 minutes.
- ☐ Meanwhile, pat 2 pork chops dry and sprinkle both sides with 1/4 teaspoon salt and 1/4 teaspoon pepper (total).
- ☐ Heat 1 tablespoon oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown seasoned chops, turning over once, 5 minutes total, and transfer to a shallow baking pan (1 inch deep). Season remaining 2 chops and brown in oil remaining in

skillet in same manner, transferring to baking pan. Roast chops in oven until thermometer inserted horizontally 2 inches into center of a chop (do not touch bone) registers 145°F, 5 to 8 minutes.

- ☐
- Meanwhile, stir half of bacon into cabbage, then finely chop remaining bacon for sprinkling.
- ☐
- Let chops stand in pan, loosely covered with foil, 5 minutes.
- ☐
- Serve chops over cabbage, with any pan juices spooned over and sprinkled with bacon.

Nutrition Facts



Properties

Glycemic Index:40.27, Glycemic Load:8.15, Inflammation Score:-9, Nutrition Score:19.259130267993%

Flavonoids

Cyanidin: 416.4mg, Cyanidin: 416.4mg, Cyanidin: 416.4mg, Cyanidin: 416.4mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

Nutrients (% of daily need)

Calories: 269.45kcal (13.47%), Fat: 16.98g (26.12%), Saturated Fat: 4.99g (31.19%), Carbohydrates: 24g (8%), Net Carbohydrates: 19.17g (6.97%), Sugar: 14.76g (16.4%), Cholesterol: 22.45mg (7.48%), Sodium: 1003.92mg (43.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.23%), Vitamin C: 115.28mg (139.73%), Vitamin K: 82.78µg (78.84%), Vitamin A: 2230.42IU (44.61%), Manganese: 0.58mg (29.07%), Vitamin B6: 0.54mg (27.24%), Fiber: 4.82g (19.3%), Potassium: 605.9mg (17.31%), Vitamin B1: 0.24mg (15.92%), Phosphorus: 120.5mg (12.05%), Selenium: 8.38µg (11.97%), Vitamin B3: 2.28mg (11.41%), Iron: 1.94mg (10.78%), Calcium: 103.47mg (10.35%), Vitamin B2: 0.18mg (10.34%), Magnesium: 41.07mg (10.27%), Folate: 41.03µg (10.26%), Zinc: 0.92mg (6.12%), Vitamin B5: 0.52mg (5.21%), Vitamin E: 0.66mg (4.37%), Copper: 0.08mg (3.79%), Vitamin B12: 0.17µg (2.84%)