



Seared Pork Chops with Grape Sauce

 Dairy Free

READY IN

ready

55 min.

SERVINGS

servings

2

CALORIES

calories

512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 strip bacon cut into lardons
- ☐ 0.8 cup chicken stock see
- ☐ 2 servings chives fresh chopped for garnish
- ☐ 2 servings kosher salt
- ☐ 2 servings olive oil extra-virgin
- ☐ 2 pork chops thick
- ☐ 0.3 cup port wine
- ☐ 1 cup grapes red seedless

☐ 1 tablespoon red wine vinegar

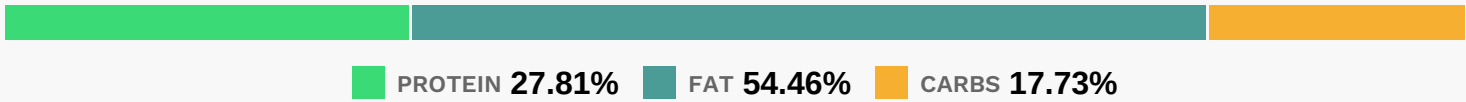
Equipment

☐ frying pan

Directions

- ☐ Salt the chops and let sit outside the refrigerator for 10 to 15 minutes to allow them to come to room temperature.
- ☐ Add the bacon and 1 teaspoon oil to a saute pan and place over medium-high heat. Once the bacon starts to render, add the grapes. Allow the bacon to render and get crispy and the grapes to split open and release their juices.
- ☐ Remove half of the grapes and bacon and set aside.
- ☐ Add the port wine and red wine vinegar and reduce by half.
- ☐ Add the chicken stock and reduce by half.
- ☐ To a cast-iron pan, add 2 tablespoons olive oil and heat over medium-high heat.
- ☐ Add the seasoned pork chops to the pan and sear. Cook the pork for 6 to 7 minutes on the first side. Flip over and reduce the heat. Cook for another 6 to 7 minutes until cooked through. Flip and cook the pork on the remaining sides for another 2 to 3 minutes each side.
- ☐ Remove the pork from the pan and allow it to rest for about 5 minutes prior to serving.
- ☐ When ready to serve, add in the reserved grapes and bacon to the sauce. Taste and re-season if needed.
- ☐ Pour over the chops and garnish with chives.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:5.98, Inflammation Score:-4, Nutrition Score:20.429565180903%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg

Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 511.55kcal (25.58%), Fat: 28.87g (44.42%), Saturated Fat: 7.01g (43.8%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 20.45g (7.44%), Sugar: 15.48g (17.2%), Cholesterol: 99.74mg (33.25%), Sodium: 464.75mg (20.21%), Alcohol: 4.59g (100%), Alcohol %: 1.6% (100%), Protein: 33.17g (66.35%), Selenium: 48.78µg (69.69%), Vitamin B1: 1.01mg (67.59%), Vitamin B3: 12.78mg (63.9%), Vitamin B6: 1.12mg (56.17%), Phosphorus: 361.96mg (36.2%), Vitamin B2: 0.39mg (23.1%), Potassium: 793.97mg (22.68%), Vitamin K: 21.76µg (20.72%), Zinc: 2.41mg (16.1%), Vitamin E: 2.41mg (16.07%), Vitamin B12: 0.77µg (12.75%), Magnesium: 48.47mg (12.12%), Copper: 0.24mg (12.01%), Vitamin B5: 1.09mg (10.86%), Iron: 1.38mg (7.65%), Manganese: 0.11mg (5.38%), Vitamin C: 3.21mg (3.9%), Vitamin D: 0.58µg (3.87%), Fiber: 0.7g (2.82%), Calcium: 24.21mg (2.42%), Vitamin A: 105.49IU (2.11%), Folate: 7.06µg (1.77%)