



Seared Pork with Cranberry-Orange Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.5 teaspoon rosemary dried
- 0.3 cup cooking wine dry white
- 1 teaspoon bottled ground ginger fresh (such as Spice World)
- 1 tablespoon honey
- 3 tablespoons soya sauce low-sodium
- 1 tablespoon olive oil
- 2 tablespoons orange juice

- 16 ounce center-cut loin pork chops boneless (1/)
- 0.3 teaspoon salt divided
- 0.5 cup whole-berry cranberry sauce

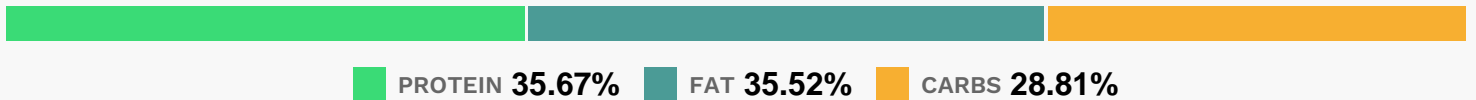
Equipment

- frying pan

Directions

- Combine first 5 ingredients and 1/8 teaspoon salt.
- Heat olive oil in a large skillet coated with cooking spray over medium-high heat.
- Sprinkle the pork with 1/8 teaspoon salt, dried rosemary, and black pepper.
- Add pork to the pan, and cook 4 minutes on each side.
- Remove from pan.
- Add wine to pan, scraping the pan to loosen the browned bits. Stir in cranberry mixture, and then return pork to pan. Bring to a simmer, and cook for 2 minutes or until the pork is done.

Nutrition Facts



Properties

Glycemic Index:55.32, Glycemic Load:2.8, Inflammation Score:-3, Nutrition Score:15.096521626348%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg 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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 307.41kcal (15.37%), Fat: 11.5g (17.7%), Saturated Fat: 3.29g (20.53%), Carbohydrates: 20.99g (7%), Net Carbohydrates: 20.38g (7.41%), Sugar: 16.42g (18.25%), Cholesterol: 75.98mg (25.33%), Sodium: 635.05mg (27.61%), Alcohol: 2.06g (100%), Alcohol %: 1.31% (100%), Protein: 25.99g (51.97%), Selenium: 38.09µg (54.42%), Vitamin B1: 0.78mg (51.7%), Vitamin B3: 9.34mg (46.71%), Vitamin B6: 0.87mg (43.29%), Phosphorus: 283.9mg (28.39%), Vitamin B2: 0.25mg (14.98%), Potassium: 517.39mg (14.78%), Manganese: 0.29mg (14.58%), Zinc: 1.92mg (12.82%), Magnesium: 42.82mg (10.7%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.9mg (8.96%), Vitamin E: 1.03mg (6.87%), Iron: 1.1mg (6.12%), Vitamin C: 4.64mg (5.62%), Copper: 0.09mg (4.46%), Vitamin D: 0.45µg (3.02%), Vitamin K: 2.89µg (2.76%), Fiber: 0.6g (2.42%), Folate: 8.61µg (2.15%), Calcium: 17.05mg (1.7%)