



Skillet Pork Chop Sauté with Peaches

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 teaspoons honey
- ☐ 0.5 cup lower-sodium chicken broth fat-free
- ☐ 2 teaspoons olive oil
- ☐ 2 peaches cut into 8 wedges

- ☐ 16 ounce center-cut pork loin chops boneless trimmed
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots thinly sliced

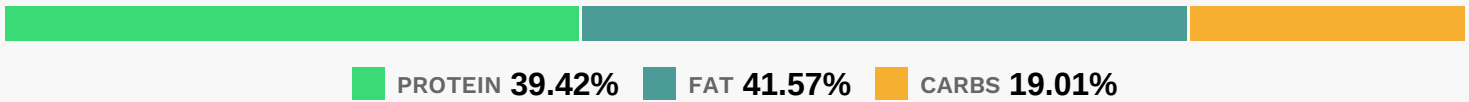
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Sprinkle chops evenly with salt and pepper.
- ☐ Add chops to pan; cook for 3 minutes on each side or until done.
- ☐ Remove chops from pan, and keep warm.
- ☐ Add shallots, thyme, and peaches to pan; cook for 2 minutes. Stir in wine, scraping pan to loosen browned bits; bring to a boil. Cook until reduced to 1/3 cup (about 2 minutes). Stir in broth and honey; bring to a boil. Cook until reduced to 1/3 cup (about 2 minutes).
- ☐ Remove from heat; stir in butter. Spoon sauce over chops.

Nutrition Facts



Properties

Glycemic Index:66.13, Glycemic Load:4.5, Inflammation Score:-8, Nutrition Score:15.81347833509%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 3.92mg, Catechin: 3.92mg, Catechin: 3.92mg, Catechin: 3.92mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.17mg,

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 285.22kcal (14.26%), Fat: 12.13g (18.66%), Saturated Fat: 4.36g (27.27%), Carbohydrates: 12.48g (4.16%), Net Carbohydrates: 10.99g (4%), Sugar: 9.85g (10.95%), Cholesterol: 81.35mg (27.12%), Sodium: 428.36mg (18.62%), Alcohol: 3.09g (100%), Alcohol %: 1.49% (100%), Protein: 25.88g (51.76%), Selenium: 39.27µg (56.09%), Vitamin B1: 0.78mg (51.98%), Vitamin B3: 9.73mg (48.66%), Vitamin B6: 0.88mg (43.97%), Phosphorus: 283.37mg (28.34%), Potassium: 624.39mg (17.84%), Vitamin B2: 0.25mg (14.46%), Zinc: 2.02mg (13.45%), Magnesium: 41.69mg (10.42%), Vitamin B12: 0.61µg (10.09%), Vitamin B5: 0.98mg (9.8%), Manganese: 0.16mg (7.8%), Vitamin A: 360.59IU (7.21%), Vitamin E: 1.05mg (6.97%), Copper: 0.14mg (6.9%), Iron: 1.19mg (6.61%), Vitamin C: 5.09mg (6.17%), Fiber: 1.5g (5.98%), Vitamin K: 4.2µg (4%), Vitamin D: 0.45µg (3.02%), Calcium: 21.66mg (2.17%), Folate: 7.14µg (1.78%)