



Skillet Pork with Sweet Balsamic Peaches



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon chili powder
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2 tablespoons brown sugar dark
- ☐ 1 teaspoon bottled ground ginger fresh (such as Spice World)
- ☐ 1 cup onion finely chopped
- ☐ 1.3 cups peaches finely chopped (3)

- ☐ 16 ounce center-cut loin pork chops boneless (1/)
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt

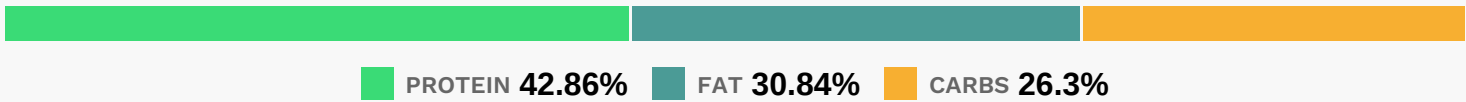
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 3 ingredients; sprinkle evenly over both sides of chops.
- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add pork to pan; cook 3 minutes on each side or until done.
- ☐ Place chops on a serving platter, and sprinkle evenly with 1/8 teaspoon salt. Keep warm.
- ☐ Add onion to skillet; cook 4 minutes or until tender. Stir in peaches and remaining ingredients. Cook 3 minutes or until slightly thick, stirring constantly.
- ☐ Serve peach mixture with chops.

Nutrition Facts



Properties

Glycemic Index:37.31, Glycemic Load:2.72, Inflammation Score:-5, Nutrition Score:15.883913060893%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg

Nutrients (% of daily need)

Calories: 240.55kcal (12.03%), Fat: 8.15g (12.53%), Saturated Fat: 2.83g (17.7%), Carbohydrates: 15.63g (5.21%), Net Carbohydrates: 13.93g (5.06%), Sugar: 11.99g (13.32%), Cholesterol: 75.98mg (25.33%), Sodium: 291.94mg (12.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.47g (50.94%), Selenium: 39.22µg (56.03%), Vitamin B1: 0.79mg (52.54%), Vitamin B3: 9.61mg (48.07%), Vitamin B6: 0.9mg (45.05%), Phosphorus: 281.91mg (28.19%), Potassium: 570.14mg (16.29%), Manganese: 0.29mg (14.43%), Vitamin B2: 0.24mg (14.23%), Zinc: 1.98mg (13.23%), Magnesium: 40.3mg (10.08%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.96mg (9.64%), Fiber: 1.7g (6.8%), Vitamin A: 329.84IU (6.6%), Copper: 0.13mg (6.5%), Iron: 1.09mg (6.03%), Vitamin C: 4.94mg (5.99%), Vitamin E: 0.72mg (4.82%), Vitamin D: 0.45µg (3.02%), Calcium: 27.83mg (2.78%), Folate: 10.79µg (2.7%), Vitamin K: 2.41µg (2.29%)