



Smothered Grilled Pork Chops

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 tablespoons capers drained
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 cup low-salt chicken broth
- ☐ 2 medium onions thinly sliced
- ☐ 4 inch thick rib pork chops bone-in (each 12 ounces)

- ☐ 2 large bell peppers red
- ☐ 2 tablespoons vegetable oil

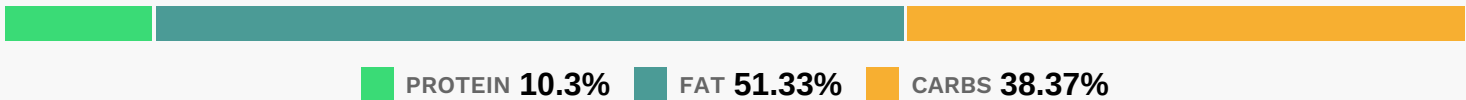
Equipment

- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ broiler

Directions

- ☐ Char peppers over gas flame, in broiler, or on grill until charred on all sides. Enclose in paper bag 10 minutes. Peel and seed peppers; slice into thin strips.
- ☐ Heat 2 tablespoons oil in large skillet over medium heat.
- ☐ Add onions and sauté until golden, about 15 minutes.
- ☐ Mix in flour; sauté 2 minutes.
- ☐ Add bell peppers, wine, vinegar, and capers; cook 1 minute.
- ☐ Add broth. Increase heat; boil until sauce thickens enough to coat spoon, about 4 minutes.
- ☐ Mix in parsley. Season with salt and pepper. (Can be made 1 day ahead. Cover; chill. Rewarm before using.)
- ☐ Prepare barbecue (medium-high heat).
- ☐ Brush pork on all sides with remaining 4 teaspoons oil.
- ☐ Sprinkle pork with salt and pepper. Grill until thermometer inserted into center of pork registers 145°F, about 10 minutes per side.
- ☐ Transfer chops to platter. Spoon sauce over.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:3.3, Inflammation Score:-9, Nutrition Score:13.905652142413%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 5.64mg, Kaempferol: 5.64mg, Kaempferol: 5.64mg, Kaempferol: 5.64mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 18.26mg, Quercetin: 18.26mg, Quercetin: 18.26mg, Quercetin: 18.26mg

Nutrients (% of daily need)

Calories: 138.79kcal (6.94%), Fat: 7.69g (11.83%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 12.94g (4.31%), Net Carbohydrates: 10.07g (3.66%), Sugar: 6.06g (6.73%), Cholesterol: 1.7mg (0.57%), Sodium: 136.88mg (5.95%), Alcohol: 1.54g (100%), Alcohol %: 0.83% (100%), Protein: 3.47g (6.94%), Vitamin C: 110.53mg (133.98%), Vitamin A: 2658.38IU (53.17%), Vitamin K: 34.19µg (32.56%), Vitamin B6: 0.34mg (16.96%), Folate: 54.19µg (13.55%), Vitamin E: 1.91mg (12.73%), Fiber: 2.87g (11.47%), Manganese: 0.22mg (10.84%), Vitamin B3: 2.04mg (10.22%), Potassium: 338.81mg (9.68%), Vitamin B2: 0.13mg (7.35%), Vitamin B1: 0.1mg (6.9%), Phosphorus: 67.02mg (6.7%), Magnesium: 20.7mg (5.17%), Iron: 0.88mg (4.87%), Copper: 0.09mg (4.36%), Vitamin B5: 0.37mg (3.66%), Zinc: 0.45mg (3.03%), Selenium: 1.9µg (2.72%), Calcium: 26.06mg (2.61%), Vitamin B12: 0.07µg (1.21%)