



Spiced Pork Chops with Sweet and Sour Glaze (Agrodolce)

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



734 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup balsamic vinegar
- 1 teaspoon rosemary leaves fresh chopped
- 2 cloves garlic minced
- 0.5 cup honey
- 4 servings kosher salt and pepper black freshly ground
- 0.3 cup olive oil as needed
- 32 ounce pork chops boneless thick

- 0.5 teaspoon pepper flakes red crushed
- 3 scallions white green finely chopped
- 4 tablespoons butter unsalted cut into 1/2-inch cubes, at room temperature

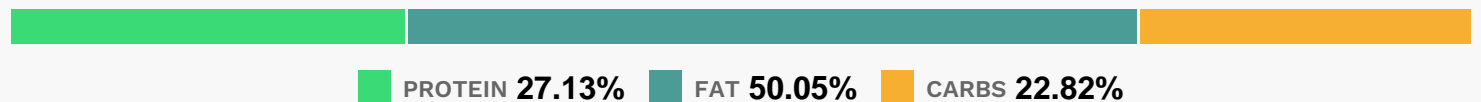
Equipment

- frying pan
- sauce pan
- whisk
- aluminum foil

Directions

- Watch how to make this recipe.
- Pork: In a large, heavy skillet, heat the olive oil over high heat. Season the pork chops with salt and pepper, to taste, and sprinkle with the red pepper flakes.
- Add the pork to the pan and cook until cooked through. for about 5 to 6 minutes on each side, or
- Remove the pork from the pan, cover loosely with foil, and set aside.
- Glaze: In a small saucepan, bring the vinegar, honey, garlic, scallions, and rosemary to a boil over medium-high heat, stirring occasionally, until the honey has dissolved. Simmer for 9 minutes, or until slightly reduced.
- Remove the pan from the heat and whisk in the butter until smooth. Season with salt and pepper, to taste.
- Arrange the pork chops on a platter and drizzle with the glaze.

Nutrition Facts



Properties

Glycemic Index:49.07, Glycemic Load:21.21, Inflammation Score:-5, Nutrition Score:28.7282605845%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 734.23kcal (36.71%), Fat: 40.66g (62.55%), Saturated Fat: 14.62g (91.4%), Carbohydrates: 41.7g (13.9%), Net Carbohydrates: 41.24g (15%), Sugar: 39.81g (44.23%), Cholesterol: 182.05mg (60.68%), Sodium: 125.52mg (5.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.58g (99.16%), Selenium: 75.87µg (108.39%), Vitamin B1: 1.52mg (101.47%), Vitamin B3: 18.26mg (91.31%), Vitamin B6: 1.69mg (84.34%), Phosphorus: 530.22mg (53.02%), Potassium: 944.41mg (26.98%), Vitamin K: 28.19µg (26.85%), Vitamin B2: 0.45mg (26.58%), Zinc: 3.71mg (24.74%), Vitamin B12: 1.23µg (20.43%), Vitamin E: 2.71mg (18.07%), Vitamin B5: 1.71mg (17.13%), Magnesium: 66.66mg (16.67%), Vitamin A: 524.2IU (10.48%), Iron: 1.83mg (10.18%), Copper: 0.17mg (8.43%), Vitamin D: 1.12µg (7.45%), Manganese: 0.15mg (7.44%), Calcium: 41.06mg (4.11%), Vitamin C: 2.38mg (2.88%), Fiber: 0.47g (1.86%), Folate: 7.19µg (1.8%)