



Spicy Peach-Glazed Pork Chops

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



4

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon chile paste
- 1 pinch ground cinnamon
- 1 teaspoon ground ginger
- 1 cup peach preserves
- 4 pork chops boneless
- 4 servings salt and pepper to taste
- 2 tablespoons vegetable oil
- 0.5 cup white wine

1.5 tablespoons worcestershire sauce

Equipment

bowl

frying pan

Directions

In a small bowl, mix together the peach preserves, Worcestershire sauce, and chile paste. Rinse pork chops, and pat dry.

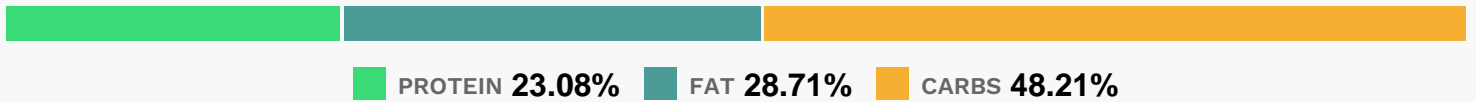
Sprinkle the chops with ginger, cinnamon, salt, and pepper.

Heat oil in a large skillet over medium-high heat. Sear the chops for about 2 minutes on each side.

Remove from the pan, and set aside.

Pour white wine into the pan, and stir to scrape the bottom of the pan. Stir in the peach preserves mixture. Return the chops to the pan, and flip to coat with the sauce. Reduce heat to medium low, and cook the pork chops for about 8 minutes on each side, or until done.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:31.81, Inflammation Score:-3, Nutrition Score:18.379999802812%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 536.07kcal (26.8%), Fat: 16.18g (24.9%), Saturated Fat: 4.34g (27.14%), Carbohydrates: 61.15g (20.38%), Net Carbohydrates: 60.11g (21.86%), Sugar: 42.22g (46.92%), Cholesterol: 89.78mg (29.93%), Sodium: 369.95mg (16.08%), Alcohol: 3.09g (100%), Alcohol %: 1.48% (100%), Protein: 29.27g (58.55%), Selenium: 46.4µg (66.29%),

Vitamin B1: 0.91mg (60.94%), Vitamin B3: 10.87mg (54.35%), Vitamin B6: 1.01mg (50.45%), Phosphorus: 329.41mg (32.94%), Vitamin B2: 0.33mg (19.21%), Potassium: 646.74mg (18.48%), Zinc: 2.2mg (14.64%), Manganese: 0.25mg (12.71%), Vitamin K: 12.72µg (12.11%), Vitamin B12: 0.71µg (11.84%), Magnesium: 43.25mg (10.81%), Vitamin C: 8.41mg (10.2%), Vitamin B5: 1.01mg (10.07%), Iron: 1.62mg (8.98%), Copper: 0.18mg (8.88%), Vitamin E: 0.84mg (5.6%), Fiber: 1.04g (4.14%), Calcium: 37.22mg (3.72%), Vitamin D: 0.54µg (3.57%), Folate: 10.29µg (2.57%)