



## Tequila Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.1 lb butter
- 2 teaspoons jalapeño chilies fresh minced
- 0.5 teaspoon cumin seed
- 0.3 cup fat-skimmed chicken broth
- 3 cloves garlic minced pressed
- 4 servings salt and ground pepper white
- 2 tablespoons juice of lime
- 4 center-cut loin pork chops thick

0.5 cup tequila

## Equipment

frying pan

## Directions

- Trim and discard fat from chops. Wipe chops with a damp towel, then press cumin seed equally onto wide sides of each piece.
- Place a 10- to 12-inch nonstick frying pan over high heat. When hot, add 1 teaspoon butter, tilting to coat pan.
- Add chops; brown well on each side, about 6 minutes total. Stir in garlic.
- Remove pan from heat (away from a vent, fan, or inflammables). Stir broth, tequila, and lime juice into pan. Set over high heat. When liquids boil, reduce heat and simmer until meat is no longer pink in center (cut to test), about 4 minutes.
- Transfer chops to a platter; keep warm.
- On high heat, boil pan juices until reduced to 3 to 4 tablespoons, about 2 minutes.
- Add remaining butter, in a lump, and stir until blended with sauce. Season to taste with chilies.
- Pour sauce over pork. Season to taste with salt and pepper.

## Nutrition Facts

  
■ PROTEIN 37.08% ■ FAT 58.88% ■ CARBS 4.04%

## Properties

Glycemic Index:23.75, Glycemic Load:0.3, Inflammation Score:-6, Nutrition Score:17.161304397428%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 392.57kcal (19.63%), Fat: 20.86g (32.09%), Saturated Fat: 5.67g (35.44%), Carbohydrates: 3.23g (1.08%), Net Carbohydrates: 2.56g (0.93%), Sugar: 0.31g (0.34%), Cholesterol: 89.78mg (29.93%), Sodium: 257.59mg (11.2%), Alcohol: 10.02g (100%), Alcohol %: 6.14% (100%), Protein: 29.56g (59.11%), Selenium: 45.08µg (64.4%), Vitamin B1: 0.91mg (60.55%), Vitamin B3: 10.86mg (54.32%), Vitamin B6: 1.02mg (51.14%), Phosphorus: 319.2mg (31.92%), Vitamin B2: 0.27mg (15.67%), Potassium: 542.41mg (15.5%), Zinc: 2.16mg (14.43%), Vitamin B12: 0.75µg (12.55%), Vitamin A: 543.32IU (10.87%), Vitamin B5: 1.03mg (10.31%), Magnesium: 39.86mg (9.96%), Vitamin C: 7.01mg (8.5%), Manganese: 0.15mg (7.72%), Iron: 1.22mg (6.8%), Copper: 0.12mg (5.82%), Vitamin E: 0.66mg (4.38%), Vitamin D: 0.54µg (3.57%), Calcium: 27.3mg (2.73%), Fiber: 0.67g (2.66%)