



Zingara (Pork Chops with Peppers and Capers)

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup olives black pitted chopped
- 1 tablespoon capers with their brine
- 1 cup cooking wine dry white
- 1 cup flour
- 3 tablespoons olive oil extra-virgin
- 5 bulb onions with the green tops sliced and reserved cut into concentric rings,
- 6 pork chops thin

- 6 servings salt and pepper to taste
- 1 bell pepper sweet green red yellow cored cut into thin strips

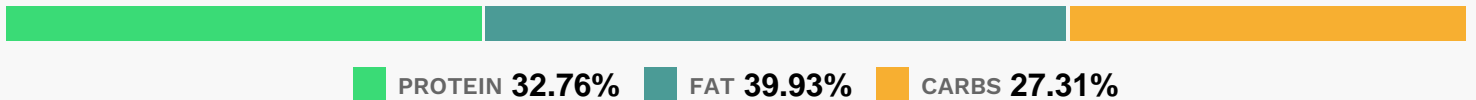
Equipment

- frying pan
- wooden spoon

Directions

- Season the pork with salt and pepper on both sides. Dredge the pork in the flour.
- In a 14 to 16-inch saute pan, heat the olive oil over high heat until smoking. Cook the pork in the olive oil until browned on both sides and remove to a plate.
- Add the wine and deglaze the pan, stirring with a wooden spoon to loosen the brown bits adhering to the bottom of the pan.
- Add the peppers, onions, olives, capers and bring to a boil. Lower the heat and place the pork chops into the pepper mixture. Simmer for 10 minutes, season to taste with salt and pepper, stir in the onion tops slices and serve.

Nutrition Facts



Properties

Glycemic Index:24.83, Glycemic Load:13.8, Inflammation Score:-8, Nutrition Score:23.740869490997%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 20.97mg, Quercetin: 20.97mg, Quercetin: 20.97mg, Quercetin: 20.97mg

Nutrients (% of daily need)

Calories: 428.5kcal (21.42%), Fat: 17.53g (26.96%), Saturated Fat: 4.45g (27.8%), Carbohydrates: 26.98g (8.99%), Net Carbohydrates: 24.21g (8.8%), Sugar: 5.2g (5.77%), Cholesterol: 89.78mg (29.93%), Sodium: 389.8mg (16.95%), Alcohol: 4.12g (100%), Alcohol %: 1.63% (100%), Protein: 32.35g (64.7%), Selenium: 52µg (74.29%), Vitamin B1: 1.11mg (74.24%), Vitamin B3: 12.3mg (61.5%), Vitamin B6: 1.17mg (58.59%), Vitamin C: 32.23mg (39.06%), Phosphorus: 364.64mg (36.46%), Vitamin B2: 0.4mg (23.57%), Potassium: 729.2mg (20.83%), Manganese: 0.34mg (17.01%), Zinc: 2.48mg (16.56%), Folate: 65.54µg (16.39%), Magnesium: 56.03mg (14.01%), Vitamin A: 652.12IU (13.04%), Vitamin B5: 1.26mg (12.61%), Vitamin B12: 0.71µg (11.84%), Iron: 2.11mg (11.74%), Vitamin E: 1.75mg (11.68%), Fiber: 2.77g (11.06%), Copper: 0.16mg (7.88%), Vitamin K: 6.18µg (5.89%), Calcium: 42.22mg (4.22%), Vitamin D: 0.54µg (3.57%)