



An Apple-a-Day Pork Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 sprig garnishes: rosemary and apple
- ☐ 0.8 cup apple cider
- ☐ 0.5 cup currants
- ☐ 1 tablespoons rosemary dried
- ☐ 0.5 cup golden raisins
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 24 ounce pork loin chops boneless

- ☐ 1 medium size delicious apple red peeled chopped
- ☐ 0.5 teaspoon salt

Equipment

- ☐ frying pan

Directions

- ☐ Coat both sides of pork chops evenly with cooking spray.
- ☐ Combine rosemary, salt, and pepper. Rub mixture evenly on both sides of pork; set aside.
- ☐ Cook apple, raisins, and currants in hot oil in a large skillet over medium-high heat, stirring often, 5 minutes.
- ☐ Add 1/4 cup wine, stirring constantly, until most liquid is evaporated.
- ☐ Add remaining wine, and cook 15 minutes or until mixture is thickened.
- ☐ Cook pork chops in a large skillet coated with cooking spray over medium-high heat 5 minutes on each side or until done. Top with apple mixture.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:41.28, Glycemic Load:8.53, Inflammation Score:-4, Nutrition Score:13.880000015964%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.19mg, Peonidin: 1.19mg, Peonidin: 1.19mg, Peonidin: 1.19mg Catechin: 3.35mg, Catechin: 3.35mg, Catechin: 3.35mg, Catechin: 3.35mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 4.56mg, Epicatechin: 4.56mg, Epicatechin: 4.56mg, Epicatechin: 4.56mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

2.1mg

Nutrients (% of daily need)

Calories: 298.15kcal (14.91%), Fat: 6.13g (9.43%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 27.49g (9.16%), Net Carbohydrates: 25.56g (9.29%), Sugar: 20.14g (22.37%), Cholesterol: 71.44mg (23.81%), Sodium: 259.2mg (11.27%), Alcohol: 4.59g (100%), Alcohol %: 2.9% (100%), Protein: 26.38g (52.77%), Vitamin B6: 0.95mg (47.47%), Selenium: 31.75µg (45.36%), Vitamin B1: 0.54mg (35.67%), Vitamin B3: 6.94mg (34.72%), Phosphorus: 287.47mg (28.75%), Potassium: 673.18mg (19.23%), Vitamin B2: 0.27mg (15.72%), Zinc: 2.17mg (14.47%), Magnesium: 43.28mg (10.82%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.9mg (8.98%), Manganese: 0.18mg (8.79%), Copper: 0.17mg (8.57%), Fiber: 1.93g (7.71%), Iron: 1.29mg (7.14%), Calcium: 32mg (3.2%), Vitamin C: 2.56mg (3.1%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.42mg (2.83%), Vitamin K: 2.57µg (2.44%)