



Apple Cider Sauce and Pork Loin Chops

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce apple cider concentrate frozen undiluted
- ☐ 4 servings pepper black to taste
- ☐ 0.3 cup cooking sherry dry
- ☐ 4 servings garlic powder to taste
- ☐ 3 tablespoons olive oil
- ☐ 4 pork loin chops
- ☐ 0.5 teaspoon poultry seasoning
- ☐ 4 servings seasoning salt to taste

☐ 3 tablespoons worcestershire sauce

Equipment

☐ frying pan

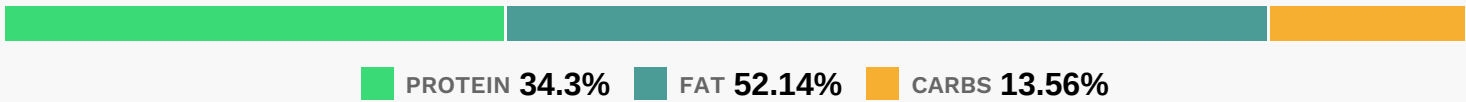
☐ oven

☐ stove

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Heat olive oil in a large oven-safe frying pan over medium-high heat.
- ☐ Sprinkle chops with salt, pepper, garlic powder, and poultry seasoning.
- ☐ Place in hot oil, and brown on both sides.
- ☐ Drizzle Worcestershire sauce over chops, and pour in apple cider.
- ☐ Bake in preheated oven for 25 minutes.
- ☐ Remove chops to a plate, and return frying pan to stove over medium-high heat. Stir sherry into pan, and boil until sauce thickens, stirring frequently.
- ☐ Serve sauce over chops.

Nutrition Facts



Properties

Glycemic Index:23.19, Glycemic Load:2.73, Inflammation Score:-3, Nutrition Score:17.65869561356%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epicatechin: 2.75mg, Epicatechin: 2.75mg, Epicatechin: 2.75mg, Epicatechin: 2.75mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

0.33mg

Nutrients (% of daily need)

Calories: 359.67kcal (17.98%), Fat: 19.92g (30.64%), Saturated Fat: 4.76g (29.76%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 11.22g (4.08%), Sugar: 6.95g (7.73%), Cholesterol: 89.78mg (29.93%), Sodium: 428.98mg (18.65%), Alcohol: 1.54g (100%), Alcohol %: 0.84% (100%), Protein: 29.48g (58.95%), Selenium: 45.23µg (64.61%), Vitamin B1: 0.93mg (61.95%), Vitamin B3: 10.88mg (54.42%), Vitamin B6: 1.04mg (52.19%), Phosphorus: 330.16mg (33.02%), Potassium: 708.71mg (20.25%), Vitamin B2: 0.28mg (16.54%), Zinc: 2.23mg (14.87%), Vitamin B12: 0.71µg (11.84%), Vitamin E: 1.73mg (11.51%), Magnesium: 43.88mg (10.97%), Vitamin B5: 1.03mg (10.32%), Iron: 1.78mg (9.9%), Vitamin K: 8.7µg (8.28%), Manganese: 0.13mg (6.43%), Copper: 0.13mg (6.38%), Vitamin D: 0.54µg (3.57%), Calcium: 34.44mg (3.44%), Vitamin C: 2.23mg (2.71%), Fiber: 0.44g (1.75%)