



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

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%)