



Apple Glazed Pork



Gluten Free



Dairy Free

READY IN



500 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 0.3 cup brown sugar
- ☐ 8 ounce pineapple with juice crushed canned
- ☐ 2 teaspoons cayenne pepper
- ☐ 0.3 cup dijon mustard
- ☐ 4 cloves garlic crushed
- ☐ 4 granny smith apples cored chopped
- ☐ 2 tablespoons honey

- ☐ 1 teaspoon onion powder
- ☐ 6 pork chops boneless
- ☐ 0.3 cup water

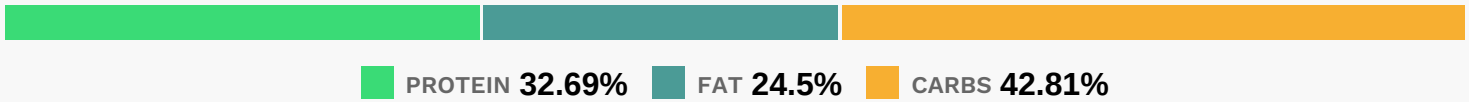
Equipment

- ☐ sauce pan
- ☐ blender
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Place apples, pineapple and juice, vinegar, sugar, mustard, water, honey, garlic, cayenne pepper, and onion powder in a large saucepan. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the apples are tender, about 15 minutes. Allow the mixture to cool to room temperature, then puree in a blender until smooth.
- ☐ Place the pork chops into a resealable plastic bag, and pour the apple puree overtop. Marinate in the refrigerator overnight.
- ☐ Preheat an outdoor grill for medium heat, and lightly oil grate.
- ☐ Remove pork chops from marinade, and shake off excess. Discard remaining marinade.
- ☐ Cook on preheated grill until the chops are no longer pink in the center, about 5 minutes per side depending on the thickness.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:7.79, Inflammation Score:-5, Nutrition Score:19.640869467155%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg

Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg

Nutrients (% of daily need)

Calories: 366.33kcal (18.32%), Fat: 10.03g (15.43%), Saturated Fat: 3.37g (21.06%), Carbohydrates: 39.42g (13.14%), Net Carbohydrates: 35.29g (12.83%), Sugar: 32.99g (36.65%), Cholesterol: 89.78mg (29.93%), Sodium: 185.15mg (8.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.1g (60.2%), Selenium: 48.61µg (69.44%), Vitamin B1: 0.98mg (65.35%), Vitamin B3: 11.07mg (55.36%), Vitamin B6: 1.11mg (55.35%), Phosphorus: 338.36mg (33.84%), Potassium: 747.18mg (21.35%), Vitamin B2: 0.31mg (17.97%), Fiber: 4.14g (16.55%), Zinc: 2.31mg (15.4%), Magnesium: 55.51mg (13.88%), Vitamin C: 10.42mg (12.63%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.11mg (11.11%), Manganese: 0.21mg (10.36%), Copper: 0.18mg (8.82%), Vitamin A: 374.73IU (7.49%), Iron: 1.32mg (7.33%), Calcium: 44.85mg (4.48%), Vitamin E: 0.64mg (4.25%), Vitamin D: 0.54µg (3.57%), Vitamin K: 3.67µg (3.5%), Folate: 7.47µg (1.87%)