



Apple-Glazed Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup smucker's® apple jelly
- 2 small baking apples cored sliced
- 0.3 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 4 pork chops 1-inch-thick ()

Equipment

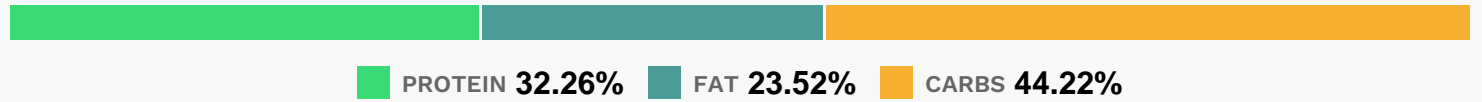
- sauce pan

- oven
- broiler pan

Directions

- Combine first four ingredients in saucepan; cook over low heat, stirring occasionally, until jelly melts. Keep warm.
- Place pork chops on rack in broiler pan. Broil five inches from heat, seven minutes on each side.
- Remove from oven; brush one side with jelly glaze, and broil three minutes. Flip and brush other side with glaze; top with apple slices, and drizzle with remaining glaze. Broil three minutes.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:18.58, Inflammation Score:-3, Nutrition Score:17.316956610783%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.61mg, Epicatechin: 5.61mg, Epicatechin: 5.61mg, Epicatechin: 5.61mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 366.33kcal (18.32%), Fat: 9.48g (14.59%), Saturated Fat: 3.32g (20.72%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 37.53g (13.65%), Sugar: 28.37g (31.53%), Cholesterol: 89.78mg (29.93%), Sodium: 78.98mg (3.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.26g (58.52%), Selenium: 45.23µg (64.61%), Vitamin B1: 0.91mg (60.91%), Vitamin B3: 10.8mg (53.99%), Vitamin B6: 1.01mg (50.66%), Phosphorus: 319.64mg (31.96%), Vitamin B2: 0.3mg (17.65%), Potassium: 616.36mg (17.61%), Zinc: 2.14mg (14.29%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.03mg (10.3%), Fiber: 2.57g (10.28%), Magnesium: 40.9mg (10.22%), Manganese: 0.18mg (9.05%),

Vitamin C: 7.24mg (8.77%), Copper: 0.14mg (7.01%), Iron: 1.03mg (5.7%), Vitamin D: 0.54µg (3.57%), Calcium: 28.58mg (2.86%), Vitamin E: 0.38mg (2.51%), Vitamin K: 1.88µg (1.79%), Folate: 7µg (1.75%)