



 **13%**
HEALTH SCORE

Apple Glazed Pork Chops

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups apple sauce
- 1 ounce onion soup mix dry
- 4 pork chops
- 1 apple green cored peeled chopped

Equipment

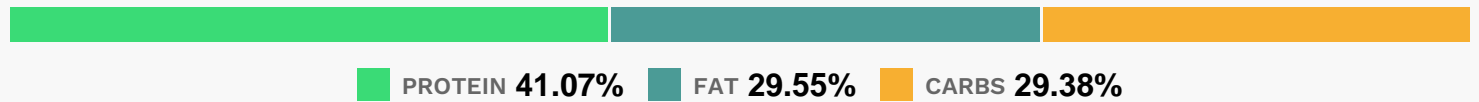
- bowl
- frying pan
- oven

baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a medium skillet over medium heat, brown pork chops about 5 minutes on each side.
- In a small bowl, mix apple, applesauce, and onion soup mix.
- Place the browned pork chops in a medium baking dish. Top with the apple mixture.
- Bake pork chops about 30 minutes in the preheated oven, to an internal temperature of 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:1.66, Inflammation Score:-3, Nutrition Score:17.271739270376%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 8.38mg, Epicatechin: 8.38mg, Epicatechin: 8.38mg, Epicatechin: 8.38mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 290.56kcal (14.53%), Fat: 9.49g (14.6%), Saturated Fat: 3.31g (20.68%), Carbohydrates: 21.23g (7.08%), Net Carbohydrates: 18.66g (6.79%), Sugar: 13.65g (15.17%), Cholesterol: 89.78mg (29.93%), Sodium: 635.79mg (27.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.68g (59.36%), Selenium: 44.98µg (64.26%), Vitamin B1: 0.95mg (63.01%), Vitamin B3: 10.93mg (54.63%), Vitamin B6: 1.06mg (52.87%), Phosphorus: 327.37mg (32.74%), Potassium: 667.32mg (19.07%), Vitamin B2: 0.31mg (18.04%), Zinc: 2.2mg (14.68%), Vitamin B12: 0.71µg (11.84%), Magnesium: 44.11mg (11.03%), Vitamin B5: 1.1mg (11%), Fiber: 2.57g (10.27%), Copper: 0.14mg (6.85%), Iron: 1.02mg (5.69%), Manganese: 0.1mg (4.77%), Vitamin C: 3.25mg (3.94%), Vitamin D: 0.54µg (3.57%), Vitamin E: 0.41mg (2.74%), Calcium: 25.91mg (2.59%), Vitamin K: 1.56µg (1.48%), Vitamin A: 57.53IU (1.15%), Folate: 4.11µg (1.03%)