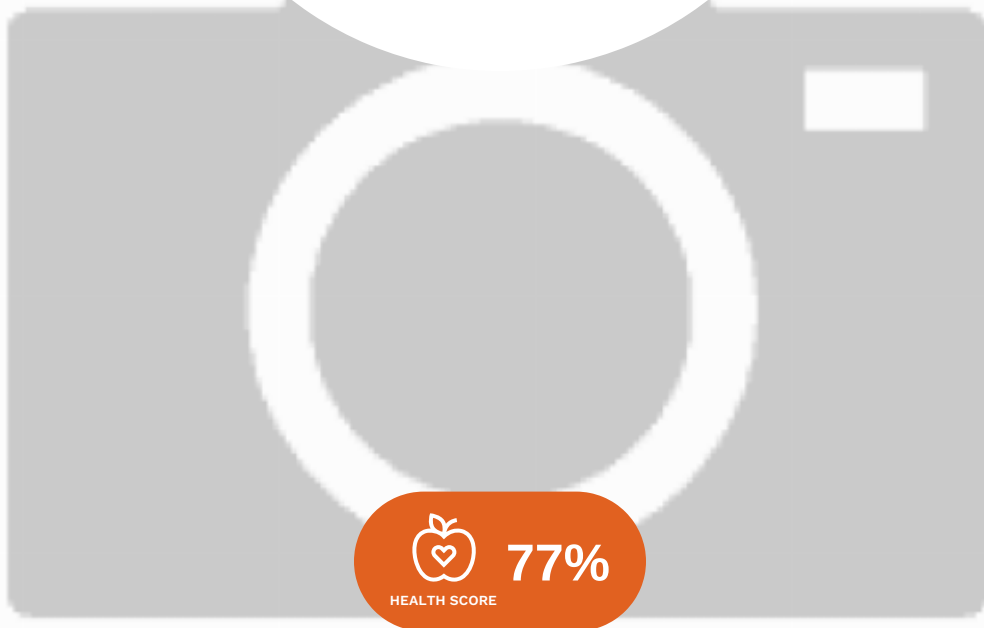


**77%**
HEALTH SCORE

Apple Jack Iowa Pork Chops from Des Moines

 **Very Healthy**

READY IN

**40 min.**

SERVINGS

**4**

CALORIES

**3367 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple brandy
- ☐ 0.3 cup butter
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 cup flour all-purpose
- ☐ 3 cups mushrooms fresh sliced
- ☐ 3 granny smith apples cored peeled sliced
- ☐ 0.5 cup green onions chopped
- ☐ 0.5 teaspoon ground pepper black

- ☐ 1 cup heavy cream
- ☐ 4 pork loin chops boneless
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon lawry's seasoned salt

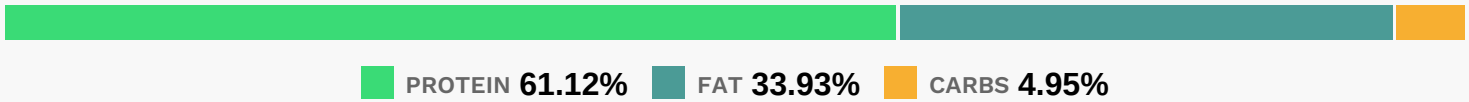
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a medium bowl, mix flour with seasoned salt; coat chops evenly with mixture and shake off excess. Over medium-high heat, melt butter in large skillet.
- ☐ Add chops, and cook about 5 minutes, turning once, or until meat surface is browned.
- ☐ Remove chops from pan and set aside on a separate plate.
- ☐ Add onions, apples, and mushrooms to skillet, cooking just until soft.
- ☐ Add thyme, salt, pepper, and apple brandy; stir to blend. Return chops to skillet and surround with onion mixture. Over medium heat, simmer uncovered, for about 10 minutes.
- ☐ Mix in cream and simmer until sauce thickens, about 10 minutes longer. Do not let cream boil.

Nutrition Facts



Properties

Glycemic Index:71.25, Glycemic Load:15.49, Inflammation Score:-10, Nutrition Score:65.4365218204%

Flavonoids

Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 12.63mg, Epicatechin: 12.63mg, Epicatechin: 12.63mg, Epicatechin: 12.63mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg

Epigallocatechin 3–gallate: 0.32mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg

Nutrients (% of daily need)

Calories: 3366.69kcal (168.33%), Fat: 122.84g (188.98%), Saturated Fat: 48.49g (303.08%), Carbohydrates: 40.36g (13.45%), Net Carbohydrates: 34.71g (12.62%), Sugar: 20.96g (23.29%), Cholesterol: 1480.59mg (493.53%), Sodium: 2062.67mg (89.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 497.82g (995.65%), Selenium: 622.04µg (888.62%), Vitamin B6: 16.75mg (837.69%), Vitamin B1: 9.95mg (663.63%), Vitamin B3: 129.9mg (649.51%), Phosphorus: 5079.44mg (507.94%), Vitamin B2: 4.64mg (273.12%), Zinc: 40.29mg (268.57%), Potassium: 8734.44mg (249.56%), Vitamin B12: 11.34µg (189.04%), Vitamin B5: 17.78mg (177.82%), Magnesium: 596.95mg (149.24%), Copper: 1.59mg (79.65%), Iron: 13.73mg (76.26%), Vitamin D: 9.88µg (65.84%), Vitamin K: 37.21µg (35.43%), Vitamin A: 1455.27IU (29.11%), Vitamin E: 4.14mg (27.59%), Fiber: 5.65g (22.59%), Manganese: 0.43mg (21.36%), Calcium: 182.37mg (18.24%), Vitamin C: 12.06mg (14.62%), Folate: 57.4µg (14.35%)