



## Apple Pork Chops

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

READY IN



**55 min.**

SERVINGS



**4**

CALORIES



**971 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 apples cored peeled sliced
- 2 tablespoons brown sugar
- 0.1 teaspoon ground cloves
- 0.5 teaspoon ground mustard
- 4 servings ground pepper black to taste
- 0.5 cup onion chopped
- 16 servings pork chops (1/)
- 0.5 teaspoon salt

2 tablespoons vegetable oil

0.8 cup water hot

## Equipment

bowl

frying pan

oven

baking pan

## Directions

Preheat oven to 375 degrees F (190 degrees C).

Heat oil in large skillet.

Saute onion in oil for 1 minute, or until tender.

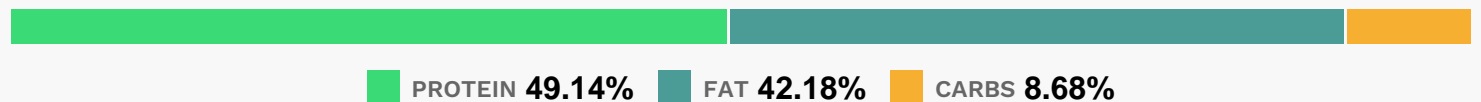
Remove onion and set aside. Brown pork chops on both sides in oil.

Place chops in an 8x12 inch baking dish and sprinkle them with salt and pepper. Cover the chops with the apples and cooked onion.

In a small bowl, combine brown sugar, mustard, cloves and water.

Pour over chops. Cover and bake in the preheated oven for 30 to 45 minutes. Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:22.75, Glycemic Load:3.74, Inflammation Score:-6, Nutrition Score:39.428695673528%

## Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg,

Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg

## **Nutrients (% of daily need)**

Calories: 970.72kcal (48.54%), Fat: 44.28g (68.12%), Saturated Fat: 14.21g (88.82%), Carbohydrates: 20.49g (6.83%), Net Carbohydrates: 17.89g (6.5%), Sugar: 16.15g (17.95%), Cholesterol: 359.12mg (119.71%), Sodium: 553.8mg (24.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 116.05g (232.1%), Selenium: 178.12µg (254.45%), Vitamin B1: 3.6mg (240.13%), Vitamin B3: 42.94mg (214.71%), Vitamin B6: 3.96mg (197.83%), Phosphorus: 1229.7mg (122.97%), Potassium: 2137.7mg (61.08%), Vitamin B2: 1.02mg (60.1%), Zinc: 8.4mg (56.02%), Vitamin B12: 2.84µg (47.35%), Vitamin B5: 3.99mg (39.88%), Magnesium: 148.16mg (37.04%), Copper: 0.35mg (17.29%), Iron: 2.92mg (16.21%), Vitamin D: 2.14µg (14.29%), Vitamin K: 14.85µg (14.15%), Fiber: 2.6g (10.4%), Vitamin E: 1.44mg (9.6%), Manganese: 0.16mg (7.81%), Vitamin C: 5.68mg (6.89%), Calcium: 55.57mg (5.56%), Folate: 7.03µg (1.76%), Vitamin A: 71.7IU (1.43%)