



Autumn Apple Onion Pork Chops

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

READY IN



45 min.

SERVINGS



3

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon apple cider vinegar
- 1 cup baking apples peeled thinly sliced (preferably Cortland)
- 1 pinch brown sugar to taste
- 2 teaspoons rosemary dried
- 2 teaspoons thyme leaves dried
- 3 servings salt and ground pepper black to taste
- 1 tablespoon olive oil
- 1 pinch paprika to taste

- 3 pork chops
- 1 small onion yellow thinly sliced

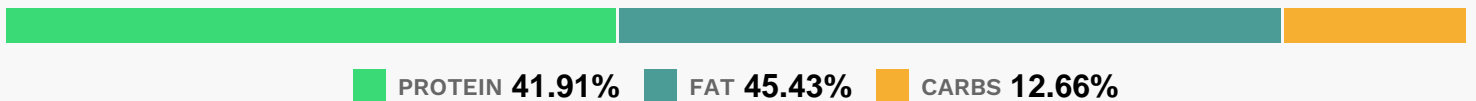
Equipment

- frying pan
- kitchen thermometer

Directions

- Combine onion, apple, 2 tablespoons olive oil, 1 tablespoon vinegar, thyme, and rosemary in a skillet; cook and stir mixture over medium heat until onion is lightly browned and apples are softened, about 15 minutes. Sweeten with brown sugar to taste. Set aside and keep warm.
- Arrange pork chops in a separate skillet; season with salt, pepper, and paprika.
- Drizzle 1 tablespoon vinegar and 1 tablespoon olive oil over pork chops. Cook pork chops over medium heat until no longer pink in the center, about 5 minutes per side. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C).
- Transfer pork chops to a serving dish and top with apple-onion topping.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:2.04, Inflammation Score:-7, Nutrition Score:17.629999927852%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg

Quercetin: 6.41mg

Nutrients (% of daily need)

Calories: 284.68kcal (14.23%), Fat: 14.13g (21.73%), Saturated Fat: 3.97g (24.84%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 7.15g (2.6%), Sugar: 5.68g (6.31%), Cholesterol: 89.78mg (29.93%), Sodium: 66.55mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.32g (58.64%), Selenium: 44.52µg (63.6%), Vitamin B1: 0.92mg (61.04%), Vitamin B3: 10.81mg (54.04%), Vitamin B6: 1.02mg (51.19%), Phosphorus: 316.25mg (31.63%), Potassium: 590.76mg (16.88%), Vitamin B2: 0.27mg (15.8%), Vitamin K: 15.44µg (14.7%), Zinc: 2.18mg (14.54%), Vitamin B12: 0.71µg (11.84%), Magnesium: 41.38mg (10.35%), Vitamin B5: 1.03mg (10.31%), Iron: 1.67mg (9.27%), Fiber: 1.71g (6.83%), Manganese: 0.13mg (6.69%), Vitamin E: 0.99mg (6.58%), Copper: 0.1mg (5.18%), Vitamin C: 4.02mg (4.87%), Vitamin D: 0.54µg (3.57%), Calcium: 31.89mg (3.19%), Folate: 7.75µg (1.94%), Vitamin A: 72.71IU (1.45%)