



Balsamic Pork Chops with Apples

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup balsamic vinegar
- 0.5 cup chicken broth
- 0.5 cup flour all-purpose
- 4 large granny smith apples diced peeled
- 1 teaspoon seasoned pepper
- 4 inch pork loin chops boneless
- 1 teaspoon salt
- 3 tablespoons vegetable oil

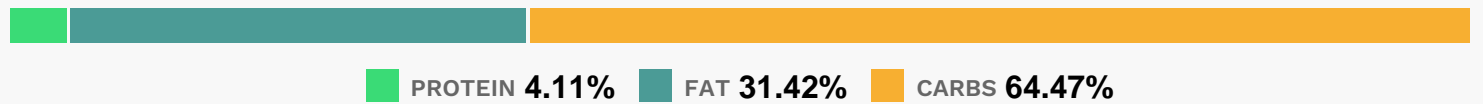
Equipment

frying pan

Directions

- Sprinkle pork chops evenly with salt and seasoned pepper; dredge in flour.
- Cook pork in hot oil in a large skillet over medium-high heat 3 to 4 minutes on each side or until lightly browned.
- Remove from skillet; keep warm.
- Add apples to skillet, and saut for 5 minutes; add vinegar and broth, and cook, stirring often, 5 to 7 minutes, or until slightly thickened. Spoon over pork, and serve.

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:10.22, Inflammation Score:-2, Nutrition Score:3.8921738939927%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 153.39kcal (7.67%), Fat: 5.46g (8.39%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 25.19g (8.4%), Net Carbohydrates: 22.24g (8.09%), Sugar: 14.86g (16.51%), Cholesterol: 1.09mg (0.36%), Sodium: 352.01mg (15.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.21%), Fiber: 2.95g (11.8%), Vitamin K: 12.26µg (11.68%), Manganese: 0.16mg (7.98%), Vitamin C: 5.13mg (6.22%), Vitamin B1: 0.09mg (5.95%), Vitamin B2: 0.08mg (4.65%), Potassium: 162.24mg (4.64%), Folate: 17.68µg (4.42%), Selenium: 3.07µg (4.39%), Vitamin E: 0.63mg (4.22%), Iron: 0.69mg (3.86%), Vitamin B3: 0.67mg (3.35%), Vitamin B6: 0.06mg (2.97%), Phosphorus: 28.58mg (2.86%),

Magnesium: 10.76mg (2.69%), Copper: 0.05mg (2.67%), Calcium: 15.54mg (1.55%), Vitamin A: 61.87IU (1.24%),
Vitamin B5: 0.12mg (1.17%), Zinc: 0.15mg (1.02%)