



 **97%**
HEALTH SCORE

Bavarian Pork Chops

 Dairy Free  Very Healthy

READY IN



105 min.

SERVINGS



8

CALORIES



3007 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups apples unpeeled chopped
- 0.7 cup barbecue sauce
- 0.3 cup barley uncooked (not quick-cooking)
- 8 pork loin
- 1 cup onion chopped
- 32 ounces sauerkraut refrigerated undrained

Equipment

- oven

baking pan

Directions

Heat oven to 350F.

Mix sauerkraut, apple, onions and barley in ungreased 2 1/2-quart casserole or rectangular baking dish, 13x9x2 inches.

Place pork on sauerkraut mixture. Spoon barbecue sauce onto pork.

Cover and bake 1 hour 15 minutes to 1 hour 30 minutes, uncovering for last 15 minutes, until pork is slightly pink when cut near bone, barley is tender and liquid is absorbed.

Nutrition Facts

 **PROTEIN 68.51%**  **FAT 27.98%**  **CARBS 3.51%**

Properties

Glycemic Index:15.88, Glycemic Load:3.32, Inflammation Score:-9, Nutrition Score:62.852608535601%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 3007.27kcal (150.36%), Fat: 89.66g (137.94%), Saturated Fat: 27.49g (171.84%), Carbohydrates: 25.31g (8.44%), Net Carbohydrates: 19.58g (7.12%), Sugar: 13.28g (14.75%), Cholesterol: 1382.85mg (460.95%), Sodium: 2072.55mg (90.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 493.93g (987.85%), Selenium: 612µg (874.28%), Vitamin B6: 16.8mg (839.78%), Vitamin B1: 9.82mg (654.39%), Vitamin B3: 126.8mg (634.02%), Phosphorus: 4994.81mg (499.48%), Zinc: 40.02mg (266.81%), Vitamin B2: 4.18mg (245.66%), Potassium: 8546.3mg (244.18%), Vitamin B12: 11.19µg (186.57%), Vitamin B5: 16.56mg (165.58%), Magnesium: 601.91mg (150.48%), Iron: 14.02mg (77.88%), Copper: 1.45mg (72.57%), Vitamin D: 8.78µg (58.53%), Manganese: 0.54mg (26.89%), Vitamin C: 19.37mg (23.48%), Fiber: 5.73g (22.93%), Vitamin E: 3.29mg (21.95%), Calcium: 160.17mg (16.02%), Vitamin K: 15.94µg (15.18%), Folate: 33.65µg (8.41%), Vitamin A: 88.54IU (1.77%)