



Bavarian Pork Chops

 Dairy Free  Very Healthy

READY IN



105 min.

SERVINGS



8

CALORIES



3069 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

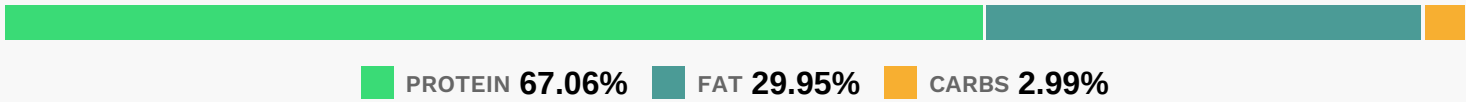
- ☐ oven

☐ baking pan

Directions

- ☐ Heat oven to 350°F.
- ☐ 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



Properties

Glycemic Index:11.88, Glycemic Load:2.46, Inflammation Score:-9, Nutrition Score:63.275652201279%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 3069.33kcal (153.47%), Fat: 98.02g (150.8%), Saturated Fat: 28.11g (175.67%), Carbohydrates: 22.08g (7.36%), Net Carbohydrates: 16.91g (6.15%), Sugar: 10.84g (12.04%), Cholesterol: 1382.85mg (460.95%), Sodium: 2072.31mg (90.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 493.86g (987.73%), Selenium: 612µg (874.28%), Vitamin B6: 16.79mg (839.3%), Vitamin B1: 9.81mg (654.12%), Vitamin B3: 126.78mg (633.92%), Phosphorus: 4992.24mg (499.22%), Zinc: 40.01mg (266.75%), Vitamin B2: 4.17mg (245.31%), Potassium: 8521.22mg (243.46%), Vitamin B12: 11.19µg (186.57%), Vitamin B5: 16.54mg (165.44%), Magnesium: 600.74mg (150.18%), Iron: 13.99mg (77.72%), Copper: 1.45mg (72.26%), Vitamin D: 8.78µg (58.53%), Vitamin E: 4.72mg (31.47%), Manganese: 0.53mg (26.48%), Vitamin C: 18.29mg (22.17%), Fiber: 5.17g (20.68%), Vitamin K: 21.41µg (20.39%), Calcium: 158.76mg (15.88%), Folate: 32.95µg (8.24%), Vitamin A: 75.89IU (1.52%)