



Beer Brined Pork Chops with Roasted Apples

 Dairy Free

READY IN



330 min.

SERVINGS



8

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 pork chops boneless (1/)
- 3 cups water
- 12 oz beer canned
- 0.3 cup brown sugar packed
- 0.3 cup kosher salt (coarse)
- 6 peppercorns black
- 4 sprigs thyme sprigs fresh
- 4 sprigs rosemary leaves fresh

- 1 tablespoon olive oil
- 8 golden delicious apple peeled cut into 1/2-inch cubes
- 2 cloves garlic finely chopped
- 2 tablespoons parsley fresh italian chopped (flat-leaf)
- 1 teaspoon thyme sprigs fresh finely chopped
- 1 teaspoon rosemary leaves fresh finely chopped
- 0.8 teaspoon salt
- 0.3 teaspoon pepper
- 0.3 cup flour all-purpose
- 0.3 cup olive oil

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- aluminum foil
- ziploc bags

Directions

- Place pork chops in 1-gallon resealable freezer plastic bag. In medium bowl, mix water, beer, brown sugar and kosher salt until brown sugar is dissolved.
- Add peppercorns, thyme sprigs and rosemary sprigs.
- Pour brine over pork chops. Seal bag; refrigerate 4 to 24 hours, turning bag occasionally.
- Heat oven to 375°F. Line cookie sheet with foil; spray foil with cooking spray.
- In large bowl, toss apples, garlic, parsley, chopped thyme, chopped rosemary, salt, pepper and flour.
- Spread apples in single layer on cookie sheet.

- Drizzle with 1/4 cup oil. Roast 45 minutes to 1 hour or until apples are softened.
- About 20 minutes before apples are done, remove pork chops from brine and discard brine. Do not rinse pork chops; pat dry with paper towels. In large skillet, heat 1 tablespoon oil over medium-high heat.
- Add pork chops; cook about 10 minutes, turning once, or until pork is no longer pink in center.
- Let stand 5 minutes.
- Serve pork chops with roasted apples.
- Garnish with additional thyme and rosemary sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:46.31, Glycemic Load:11.57, Inflammation Score:-8, Nutrition Score:20.406086994254%

Flavonoids

Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 10.06mg, Epicatechin: 10.06mg, Epicatechin: 10.06mg, Epicatechin: 10.06mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 452.61kcal (22.63%), Fat: 18.16g (27.93%), Saturated Fat: 4.47g (27.96%), Carbohydrates: 37.58g (12.53%), Net Carbohydrates: 32.87g (11.95%), Sugar: 24.97g (27.75%), Cholesterol: 89.78mg (29.93%), Sodium: 3831.78mg (166.6%), Alcohol: 1.66g (100%), Alcohol %: 0.44% (100%), Protein: 30.26g (60.53%), Selenium: 46.58µg (66.54%), Vitamin B1: 0.97mg (64.83%), Vitamin B3: 11.44mg (57.21%), Vitamin B6: 1.1mg (55.19%), Phosphorus: 335.67mg (33.57%), Vitamin K: 25.05µg (23.85%), Potassium: 724.24mg (20.69%), Vitamin B2: 0.34mg (19.84%), Fiber: 4.71g (18.82%), Zinc: 2.25mg (14.98%), Magnesium: 51.42mg (12.85%), Vitamin B12: 0.72µg (11.98%), Vitamin B5: 1.17mg (11.72%), Vitamin E: 1.74mg (11.59%), Manganese: 0.17mg (8.56%), Copper: 0.17mg (8.48%), Iron: 1.51mg (8.38%), Folate: 19.58µg (4.9%), Vitamin A: 220.7IU (4.41%), Calcium: 40.14mg (4.01%), Vitamin D: 0.54µg (3.57%), Vitamin C: 2.78mg (3.37%)