Bourbon Apple Cider and Honey Glazed Pork Chops

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
100 min.	4	445 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 2 cups apple cider
- [ ] 0.3 cup apple cider vinegar
- [ ] 2 tablespoons brown sugar
- [ ] 0.5 cup honey
- [ ] 4 center-cut pork chops thick
- [ ] 3 tablespoons irish whiskey such as Jack Daniel's®

Equipment

- [ ] sauce pan
- [ ] oven
- [ ] baking pan

Directions

- [ ] Stir apple cider, honey, cider vinegar, and brown sugar in a saucepan over medium heat. Bring to a simmer and reduce heat to low, stirring often, until the mixture reduces to 2/3 cup, about 20 minutes.
- [ ] Simmer 1/3 cup whiskey in a separate small saucepan over medium-low heat until steam no longer smells of alcohol, about 10 minutes; stir into the apple cider mixture. Reduce this mixture to 1/2 cup, forming an apple cider glaze and cool.
- [ ] Stir 3 tablespoons whiskey into apple cider glaze.
- [ ] Preheat oven to 350 degrees F (175 degrees C).
- [ ] Place pork chops into a baking dish; brush with the apple cider glaze.
- [ ] Bake chops in the preheated oven, basting them often with glaze, until tender, about 1 hour. If desired, bring any remaining glaze to a boil in a saucepan and drizzle over chops to serve.

Nutrition Facts

PROTEIN **27.83%** FAT **20.32%** CARBS **51.85%**

Properties

Glycemic Index:37.01, Glycemic Load:23.6, Inflammation Score:-2, Nutrition Score:16.339130333584%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 444.86kcal (22.24%), Fat: 9.45g (14.54%), Saturated Fat: 3.31g (20.68%), Carbohydrates: 54.29g (18.1%), Net Carbohydrates: 53.97g (19.62%), Sugar: 52.03g (57.81%), Cholesterol: 89.78mg (29.93%), Sodium: 73.16mg (3.18%), Alcohol: 4.05g (100%), Alcohol %: 1.57% (100%), Protein: 29.13g (58.26%), Selenium: 44.9µg (64.14%), Vitamin B1: 0.92mg (61.3%), Vitamin B3: 10.85mg (54.27%), Vitamin B6: 1.01mg (50.34%), Phosphorus: 314.57mg

(31.46%), Potassium: 660.03mg (18.86%), Vitamin B2: 0.28mg (16.72%), Zinc: 2.2mg (14.69%), Vitamin B12: 0.71µg (11.84%), Magnesium: 42.87mg (10.72%), Vitamin B5: 1.07mg (10.69%), Manganese: 0.17mg (8.63%), Iron: 1.06mg (5.91%), Copper: 0.11mg (5.5%), Vitamin D: 0.54µg (3.57%), Calcium: 27.39mg (2.74%), Vitamin C: 1.27mg (1.54%), Fiber: 0.32g (1.28%), Vitamin E: 0.19mg (1.24%)