



Braised Pork Chops with Apples and Onion

 Gluten Free

READY IN



48 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 cup chicken broth low-sodium
- ☐ 1 onion thinly sliced
- ☐ 16 oz thick pork chops bone-in
- ☐ 3 golden delicious apples cored peeled chopped
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons vegetable oil

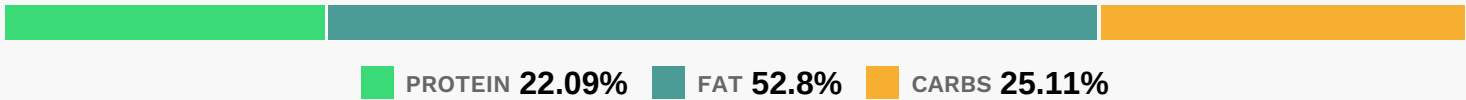
Equipment

☐ pot

Directions

- ☐ Pat chops dry and season on both sides with salt and pepper.
- ☐ Melt butter with oil in a large pot over medium-high heat.
- ☐ Add chops and cook until lightly browned, about 5 minutes on each side.
- ☐ Remove to a plate; pour off all but 1 Tbsp. fat from pot.
- ☐ Add onion and cook, stirring, until slightly softened, about 3 minutes.
- ☐ Pour in broth, increase heat to high and stir to remove any browned bits from bottom.
- ☐ Return chops to pot and add apples. Reduce heat to medium, cover pot and cook until chops are tender and apples are softened, about 30 minutes.
- ☐ Serve chops topped with apples, onion and parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:5.57, Inflammation Score:-6, Nutrition Score:14.940000046854%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg

Nutrients (% of daily need)

Calories: 347.02kcal (17.35%), Fat: 20.79g (31.98%), Saturated Fat: 7.34g (45.85%), Carbohydrates: 22.24g (7.41%), Net Carbohydrates: 18.43g (6.7%), Sugar: 15.46g (17.18%), Cholesterol: 73.73mg (24.58%), Sodium: 262.62mg (11.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.57g (39.14%), Vitamin K: 48.91µg (46.58%), Selenium: 28.96µg (41.37%), Vitamin B6: 0.69mg (34.48%), Vitamin B3: 6.62mg (33.11%), Vitamin B1: 0.45mg (30.03%), Phosphorus: 221.28mg (22.13%), Potassium: 541.46mg (15.47%), Fiber: 3.81g (15.24%), Vitamin C: 10.97mg (13.3%), Vitamin B2: 0.23mg (13.28%), Zinc: 1.69mg (11.29%), Vitamin B12: 0.52µg (8.69%), Vitamin A: 422.77IU (8.46%), Magnesium: 32.57mg (8.14%), Vitamin B5: 0.73mg (7.32%), Vitamin E: 1.09mg (7.25%), Copper: 0.14mg (6.78%), Iron: 1.01mg (5.61%), Manganese: 0.09mg (4.66%), Calcium: 37.59mg (3.76%), Vitamin D: 0.53µg (3.53%), Folate: 12.57µg (3.14%)