



Braised Pork Chops with Sweet Potatoes and Apples

 Dairy Free

READY IN



195 min.

SERVINGS



4

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 2 sprigs thyme leaves fresh
- ☐ 1 cup chicken broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion sliced
- ☐ 0.3 teaspoon pepper
- ☐ 24 oz center-cut pork chops bone-in

- ☐ 2 golden delicious apples cored halved cut into wedges
- ☐ 0.5 teaspoon salt
- ☐ 2 large sweet potatoes peeled cut into wedges

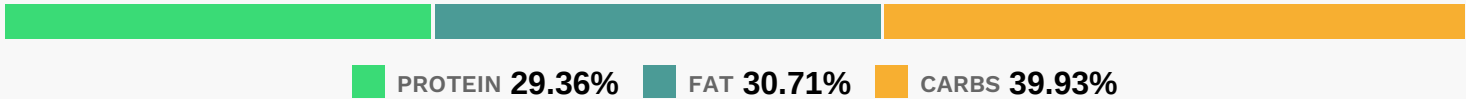
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Combine flour, salt and pepper in a large bowl. Dredge chops in seasoned flour, shaking off excess.
- ☐ Warm oil in a large skillet over medium-high heat.
- ☐ Add chops and cook until lightly browned, about 2 minutes per side.
- ☐ Transfer to slow cooker.
- ☐ Add onion to skillet and cook, stirring often, until softened, about 3 minutes.
- ☐ Pour in broth, increase heat to high and bring to a boil, stirring to pick up any browned bits on bottom.
- ☐ Pour over pork chops in slow cooker.
- ☐ Scatter sweet potatoes and apples around chops.
- ☐ Add thyme, cover and cook on low until tender, about 3 hours, or on high for 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:67.25, Glycemic Load:25.33, Inflammation Score:-10, Nutrition Score:35.338694945626%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg

Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg
Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3–gallate:
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg
Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg,
Epigallocatechin 3–gallate: 0.17mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg
Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1.88mg, Isorhamnetin:
1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol:
0.39mg, Kaempferol: 0.39mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg
Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg

Nutrients (% of daily need)

Calories: 572.75kcal (28.64%), Fat: 19.52g (30.04%), Saturated Fat: 5.33g (33.29%), Carbohydrates: 57.14g
(19.05%), Net Carbohydrates: 48.9g (17.78%), Sugar: 18.26g (20.29%), Cholesterol: 113.97mg (37.99%), Sodium:
486.31mg (21.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42g (84%), Vitamin A: 24199.03IU (483.98%),
Vitamin B1: 1.36mg (90.77%), Selenium: 60.17µg (85.95%), Vitamin B6: 1.68mg (84.2%), Vitamin B3: 15.94mg (79.7%),
Phosphorus: 512.07mg (51.21%), Potassium: 1423.42mg (40.67%), Fiber: 8.23g (32.94%), Manganese: 0.61mg
(30.46%), Vitamin B2: 0.51mg (30.06%), Vitamin B5: 2.74mg (27.36%), Magnesium: 98.36mg (24.59%), Zinc:
3.37mg (22.48%), Copper: 0.44mg (21.86%), Vitamin B12: 0.96µg (16.01%), Iron: 2.7mg (15.02%), Vitamin C: 11.84mg
(14.35%), Vitamin E: 1.85mg (12.32%), Folate: 43.1µg (10.77%), Vitamin K: 9.65µg (9.19%), Calcium: 83.35mg (8.34%),
Vitamin D: 0.68µg (4.54%)