



WHATSheATE



Brined Pork Chops with Apple Compote



Gluten Free



Dairy Free

READY IN



1398 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup apple cider
- ☐ 4 servings master brine
- ☐ 3 tablespoons brown sugar
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 1.5 pounds granny smith apples cored peeled cut into 3/8-inch wedges
- ☐ 24 ounce center-cut pork chops bone-in (1/)

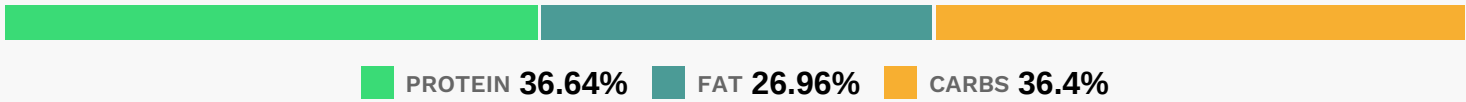
Equipment

- ☐ frying pan

Directions

- ☐ Prepare Master Brine.
- ☐ Add pork to brine; seal bag.
- ☐ Let stand in refrigerator 24 hours.
- ☐ Remove pork from brine; rinse and pat dry.
- ☐ Let stand 30 minutes.
- ☐ Heat a large cast-iron skillet over medium-high heat until very hot. Coat pan with cooking spray.
- ☐ Add pork; cook 3 to 4 minutes on each side or until done.
- ☐ Transfer chops to a plate; cover and keep warm.
- ☐ Add apples to pan; saut 5 minutes.
- ☐ Add cider, brown sugar, and ginger, scraping pan to loosen browned bits. Reduce heat to low; cook 5 minutes until apple is tender, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:21.94, Glycemic Load:8.01, Inflammation Score:-4, Nutrition Score:22.002608677615%

Flavonoids

Cyanidin: 2.68mg, Cyanidin: 2.68mg, Cyanidin: 2.68mg, Cyanidin: 2.68mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 14.66mg, Epicatechin: 14.66mg, Epicatechin: 14.66mg, Epicatechin: 14.66mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg

Nutrients (% of daily need)

Calories: 405.19kcal (20.26%), Fat: 12.15g (18.7%), Saturated Fat: 4.23g (26.41%), Carbohydrates: 36.92g (12.31%), Net Carbohydrates: 32.74g (11.91%), Sugar: 30.22g (33.58%), Cholesterol: 113.97mg (37.99%), Sodium: 116.63mg (5.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.17g (74.33%), Selenium: 56.46µg (80.65%), Vitamin B1: 1.17mg (78.13%), Vitamin B3: 13.79mg (68.94%), Vitamin B6: 1.32mg (65.85%), Phosphorus: 406.58mg (40.66%), Potassium: 872.31mg (24.92%), Vitamin B2: 0.37mg (21.53%), Zinc: 2.72mg (18.12%), Fiber: 4.18g (16.72%), Vitamin B12: 0.9µg (15.03%), Magnesium: 55.94mg (13.98%), Vitamin B5: 1.37mg (13.74%), Vitamin C: 8.23mg (9.97%), Copper: 0.15mg (7.62%), Iron: 1.17mg (6.51%), Manganese: 0.11mg (5.43%), Vitamin D: 0.68µg (4.54%), Vitamin E: 0.53mg (3.56%), Vitamin K: 3.74µg (3.56%), Calcium: 32.89mg (3.29%), Vitamin A: 99.05IU (1.98%), Folate: 5.3µg (1.33%)