



Caraway-Crusted Pork Chops

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup apple juice
- ☐ 4 tablespoons caraway seeds
- ☐ 0.5 cup cider vinegar
- ☐ 2 teaspoons kosher salt
- ☐ 3 inch center-cut pork chops
- ☐ 2 teaspoons butter unsalted cold
- ☐ 1 tablespoon vegetable oil

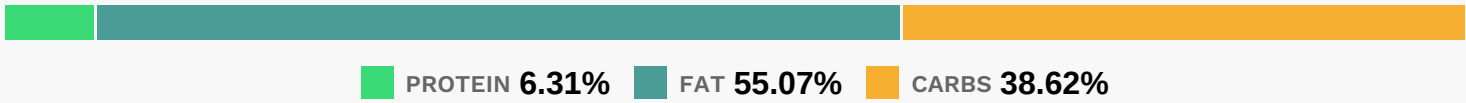
Equipment

- ☐ frying pan
- ☐ mortar and pestle

Directions

- ☐ Finely grind caraway seeds and salt in an electric coffee/spice grinder or with a mortar and pestle and spread on a plate. Season chops with salt and dredge in spice mixture, coating completely.
- ☐ Heat oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then saute chops until golden brown and just cooked through, about 5 minutes on each side.
- ☐ Transfer chops to a plate.
- ☐ Add vinegar to skillet and deglaze over moderately high heat, scraping up brown bits, until most of vinegar is evaporated.
- ☐ Add juice and simmer until reduced by 1/2, about 3 to 5 minutes. Stir butter into sauce with salt, to taste, and pour over pork chops.

Nutrition Facts



Properties

Glycemic Index:20.19, Glycemic Load:2.92, Inflammation Score:-2, Nutrition Score:3.3934782354728%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 105.71kcal (5.29%), Fat: 6.52g (10.02%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 10.28g (3.43%), Net Carbohydrates: 7.88g (2.86%), Sugar: 6.12g (6.8%), Cholesterol: 6.65mg (2.22%), Sodium: 1168.92mg (50.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Manganese: 0.2mg (10.08%), Fiber: 2.4g (9.62%), Iron: 1.13mg (6.27%), Vitamin K: 6.43µg (6.12%), Magnesium: 20.65mg (5.16%), Calcium: 49.84mg (4.98%), Potassium: 173.43mg (4.96%), Phosphorus: 45.72mg (4.57%), Copper: 0.07mg (3.34%), Vitamin E: 0.49mg (3.3%), Vitamin B1: 0.05mg (3.26%), Zinc: 0.39mg (2.59%), Vitamin B6: 0.05mg (2.33%), Vitamin B2: 0.04mg (2.21%), Vitamin C: 1.82mg (2.2%), Selenium: 1.48µg (2.11%), Vitamin B3: 0.41mg (2.07%), Vitamin A: 84.95IU (1.7%)