



Cheesy Pork Chops with Spicy Apples

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 apples cored sliced
- 2 tablespoons balsamic vinegar
- 1 tablespoon butter
- 4 slices extra sharp cheddar cheese
- 1 onion sliced
- 4 pork chops
- 1 pinch pepper flakes red
- 4 servings salt and pepper to taste

2 teaspoons sugar white

Equipment

frying pan

grill

Directions

Prepare a grill for high heat.

While the grill heats, melt the butter in a skillet over medium heat.

Add the onion, and cook until soft. Season with red pepper flakes then add the sliced apple. Stir in the sugar and balsamic vinegar, and simmer for 5 minutes, or until apples are soft and golden.

Season the pork chops with salt and pepper. Grill for 3 to 5 minutes per side, depending on thickness. Spoon the onions and apples on top of the chops, and top with a slice of Cheddar cheese. Cover the grill, and cook for about 3 minutes until cheese is melted and bubbling.

Nutrition Facts

 **PROTEIN 36.71%**  **FAT 50.1%**  **CARBS 13.19%**

Properties

Glycemic Index:64.02, Glycemic Load:4.49, Inflammation Score:-5, Nutrition Score:19.955652008886%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg

Nutrients (% of daily need)

Calories: 396.51kcal (19.83%), Fat: 21.77g (33.5%), Saturated Fat: 10.48g (65.52%), Carbohydrates: 12.9g (4.3%), Net Carbohydrates: 11.33g (4.12%), Sugar: 9.19g (10.21%), Cholesterol: 125.31mg (41.77%), Sodium: 467.56mg (20.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.89g (71.79%), Selenium: 52.47µg (74.95%), Vitamin B1: 0.92mg (61.5%), Vitamin B3: 10.8mg (53.98%), Vitamin B6: 1.04mg (52.22%), Phosphorus: 446.49mg (44.65%), Vitamin B2: 0.39mg (23.08%), Calcium: 219.62mg (21.96%), Zinc: 3.18mg (21.21%), Potassium: 620.58mg (17.73%), Vitamin B12: 1.01µg (16.88%), Magnesium: 48.5mg (12.12%), Vitamin B5: 1.16mg (11.55%), Vitamin A: 405.92IU (8.12%), Fiber: 1.57g (6.27%), Copper: 0.11mg (5.5%), Vitamin C: 4.13mg (5%), Iron: 0.89mg (4.96%), Vitamin D: 0.7µg (4.69%), Manganese: 0.08mg (3.75%), Vitamin E: 0.56mg (3.75%), Folate: 12.58µg (3.15%), Vitamin K: 2.05µg (1.96%)