



Cider-Brined Pork Chops with Sautéed Apples

 Gluten Free

READY IN



210 min.

SERVINGS



6

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups apple cider
- ☐ 6 servings sauteed apples
- ☐ 2 bay leaves
- ☐ 6 pork chops bone-in thick
- ☐ 3 tablespoons butter
- ☐ 0.8 cup chicken stock see
- ☐ 0.5 cup crème fraîche
- ☐ 2 cloves garlic crushed

- ☐ 4 tablespoons kosher salt
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon chile flakes red
- ☐ 2 tablespoons whole-grain mustard

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ wooden spoon

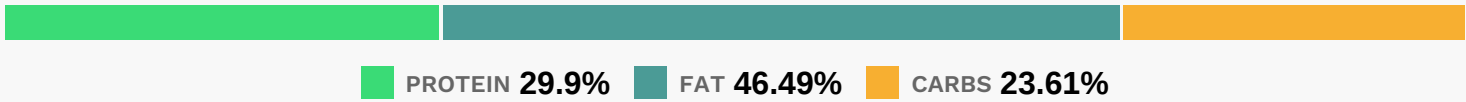
Directions

- ☐ In a large bowl, mix 4 cups cider, 2 cups cold water, 4 tbsp. salt, bay leaves, garlic cloves, and chile flakes.
- ☐ Add pork chops, cover bowl, and chill, turning meat occasionally, at least 3 hours and up to 1 day.
- ☐ Preheat oven to 32
- ☐ Remove pork chops from the brine and blot dry. Melt 2 tbsp. butter in a large frying pan over medium-high heat.
- ☐ Add pork chops (you may need to do this in 2 batches) and cook for 3 to 5 minutes, or until well browned. Flip chops and cook another 3 to 4 minutes, until browned on that side.
- ☐ Layer chops in a 9- by 13-in. baking pan and bake until barely pink in the center (cut to test), 15 to 20 minutes.
- ☐ Meanwhile, pour remaining 3/4 cup cider into the hot frying pan, scraping pan with a wooden spoon to dislodge browned bits.
- ☐ Add the chicken stock, turn the heat to high, and boil until liquid is reduced to about 1/2 cup, 8 to 10 minutes.
- ☐ Remove from heat and stir in remaining 1 tbsp. butter and the mustard. When sauce is no longer bubbling, stir in crme fraiche. Season with remaining 1/2 tsp. salt and the pepper.
- ☐ Remove the pork from oven and spoon a generous amount of sauce over each chop.

☐

Serve topped with sauted apples.

Nutrition Facts



Properties

Glycemic Index:36.13, Glycemic Load:9.53, Inflammation Score:-5, Nutrition Score:21.917391129162%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.78mg, Catechin: 2.78mg, Catechin: 2.78mg, Catechin: 2.78mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 12.12mg, Epicatechin: 12.12mg, Epicatechin: 12.12mg, Epicatechin: 12.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 497.97kcal (24.9%), Fat: 25.6g (39.39%), Saturated Fat: 10.78g (67.38%), Carbohydrates: 29.25g (9.75%), Net Carbohydrates: 27.03g (9.83%), Sugar: 22.87g (25.41%), Cholesterol: 144.21mg (48.07%), Sodium: 4905.63mg (213.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.05g (74.09%), Selenium: 60.82µg (86.88%), Vitamin B6: 1.29mg (64.28%), Vitamin B3: 11.96mg (59.81%), Vitamin B1: 0.89mg (59.53%), Phosphorus: 404.72mg (40.47%), Vitamin B2: 0.43mg (25.38%), Potassium: 885.67mg (25.3%), Zinc: 3.24mg (21.61%), Vitamin B12: 0.95µg (15.84%), Magnesium: 60.22mg (15.05%), Vitamin B5: 1.41mg (14.07%), Manganese: 0.23mg (11.57%), Iron: 1.63mg (9.08%), Vitamin A: 446.18IU (8.92%), Copper: 0.18mg (8.91%), Fiber: 2.22g (8.87%), Calcium: 80.44mg (8.04%), Vitamin C: 4.87mg (5.91%), Vitamin D: 0.85µg (5.65%), Vitamin E: 0.72mg (4.82%), Vitamin K: 2.93µg (2.79%), Folate: 5.3µg (1.32%)