



Cider-Brined Pork Chops with Walnut-Bacon Butter and Apple and Butternut Squash Tian

READY IN



45 min.

SERVINGS



6

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large rome apple cored peeled cut into 1/8-inch-thick slices (6 1/2 ounces)
- 0.5 cup apple cider
- 5 cups apple cider
- 1 slice applewood-smoked bacon crumbled cooked finely
- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black divided freshly ground
- 8 ounces butternut squash peeled cut into 1/8-inch-thick slices
- 0.3 cup less-sodium chicken broth fat-free

- 2 garlic cloves minced
- 1 Dash ground nutmeg
- 1 ounce gruyère cheese shredded
- 1 teaspoon jalapeno minced seeded
- 0.3 cup kosher salt
- 1 teaspoon olive oil extra-virgin
- 0.5 teaspoon orange rind grated
- 48 ounce center-cut pork chops bone-in trimmed
- 0.5 teaspoon salt divided
- 3 cups swiss chard coarsely chopped
- 2 tablespoons butter unsalted softened
- 2 tablespoons walnuts toasted finely chopped
- 2 cups water
- 1 ounce bread white
- 1 pound yukon gold potatoes peeled cut into 1/8-inch-thick slices

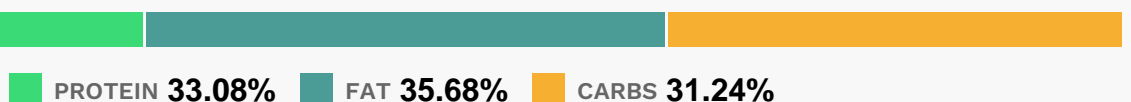
Equipment

- food processor
- bowl
- frying pan
- paper towels
- oven
- baking pan
- kitchen thermometer
- aluminum foil
- broiler

Directions

- To prepare pork, combine 5 cups apple cider, 2 cups water, and 1/3 cup kosher salt in a large bowl; stir until salt dissolves.
- Add pork chops to cider mixture; cover and refrigerate 2 hours.
- Preheat oven to 42
- To prepare the tian, heat oil in a large nonstick skillet over medium-high heat.
- Add chard, jalapeo, and garlic to pan; saut 3 minutes or until chard wilts, stirring occasionally.
- Layer half of squash, apple, potatoes, and chard mixture in a shallow 2-quart broiler-safe baking dish coated with cooking spray.
- Sprinkle vegetables with 1/4 teaspoon salt and 1/4 teaspoon black pepper. Repeat the layers with remaining squash, apple, potato, chard mixture, 1/4 teaspoon salt, and 1/4 teaspoon black pepper.
- Combine 1/2 cup cider and broth; pour mixture into baking dish. Cover dish with foil.
- Bake at 425 for 50 minutes or until vegetables are tender.
- Preheat broiler.
- Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1 cup.
- Combine breadcrumbs and cheese; sprinkle over vegetable mixture. Broil 2 minutes or until breadcrumbs are browned.
- Remove from broiler, and keep warm.
- To prepare butter, combine walnuts and next 5 ingredients (through bacon) in a bowl, stirring well.
- Remove pork from brine mixture; discard brine mixture. Pat pork dry with paper towels.
- Sprinkle pork with 1/4 teaspoon black pepper.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add pork to pan; cook 5 minutes on each side or until a thermometer registers 155 or until desired degree of doneness.
- Place about 1 cup tian on each of 6 plates; top each serving with 1 pork chop. Divide butter mixture evenly among pork chops.

Nutrition Facts



Properties

Glycemic Index:86.67, Glycemic Load:22.8, Inflammation Score:-10, Nutrition Score:44.352608805117%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 12.99mg, Epicatechin: 12.99mg, Epicatechin: 12.99mg, Epicatechin: 12.99mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 661.5kcal (33.08%), Fat: 26.1g (40.15%), Saturated Fat: 9.81g (61.3%), Carbohydrates: 51.4g (17.13%), Net Carbohydrates: 46.88g (17.05%), Sugar: 26.76g (29.74%), Cholesterol: 169.6mg (56.53%), Sodium: 6767.52mg (294.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.44g (108.88%), Vitamin K: 153.61µg (146.29%), Vitamin B1: 1.72mg (114.83%), Selenium: 78.98µg (112.83%), Vitamin A: 5326.56IU (106.53%), Vitamin B6: 2.05mg (102.71%), Vitamin B3: 20.12mg (100.62%), Phosphorus: 651.07mg (65.11%), Potassium: 1670.71mg (47.73%), Vitamin C: 33.46mg (40.56%), Manganese: 0.66mg (33.1%), Vitamin B2: 0.55mg (32.49%), Magnesium: 127.43mg (31.86%), Zinc: 4.34mg (28.91%), Vitamin B5: 2.3mg (23.04%), Vitamin B12: 1.32µg (22.05%), Copper: 0.39mg (19.74%), Fiber: 4.52g (18.09%), Iron: 3.02mg (16.77%), Calcium: 144.43mg (14.44%), Vitamin E: 1.58mg (10.51%), Folate: 35.63µg (8.91%), Vitamin D: 1.02µg (6.8%)