



## Cider-Glazed Pork Chops

 Gluten Free  Dairy Free

READY IN



37 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup apple juice divided
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon brown sugar
- 0.3 cup cider vinegar
- 0.3 teaspoon thyme leaves dried
- 2 tablespoons parsley fresh chopped
- 1 garlic clove minced
- 1 tablespoon kosher salt

- 2 tablespoons soya sauce low-sodium
- 1 tablespoon olive oil divided
- 24 ounce center-cut loin pork chops bone-in ( 3/)
- 0.5 cup shallots sliced

## Equipment

- frying pan
- aluminum foil
- ziploc bags

## Directions

- Combine 1/2 cup apple juice and next 5 ingredients in a large zip-top plastic bag.
- Add pork; seal bag, and marinate in refrigerator at least 8 hours, turning bag occasionally.
- Remove pork from bag, and discard marinade.
- Sprinkle chops with pepper.
- Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- Add chops to pan; cook 10 minutes on each side or until done.
- Place chops on a platter, and cover loosely with foil.
- Pour off excess fat from pan.
- Add remaining 1 teaspoon oil to pan; heat over medium heat.
- Add shallots; saut 3 minutes or until tender.
- Add remaining 1/2 cup apple juice and cider vinegar, scraping pan to loosen browned bits; cook 4 minutes or until liquid is reduced by half.
- Serve pork chops with sauce.
- Sprinkle chops evenly with parsley.

## Nutrition Facts



## Properties

Glycemic Index:51.19, Glycemic Load:4.17, Inflammation Score:-5, Nutrition Score:23.766086972278%

## 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 Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

## Nutrients (% of daily need)

Calories: 365.82kcal (18.29%), Fat: 15.47g (23.8%), Saturated Fat: 4.68g (29.24%), Carbohydrates: 16g (5.33%), Net Carbohydrates: 14.74g (5.36%), Sugar: 11.33g (12.59%), Cholesterol: 113.97mg (37.99%), Sodium: 2122.75mg (92.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.31g (76.62%), Selenium: 56.93µg (81.33%), Vitamin B1: 1.17mg (78.15%), Vitamin B3: 13.82mg (69.11%), Vitamin B6: 1.37mg (68.7%), Phosphorus: 423.73mg (42.37%), Vitamin K: 36.43µg (34.7%), Potassium: 855.56mg (24.44%), Vitamin B2: 0.35mg (20.8%), Zinc: 2.88mg (19.18%), Magnesium: 61.66mg (15.41%), Vitamin B12: 0.9µg (15.03%), Vitamin B5: 1.4mg (13.97%), Manganese: 0.26mg (12.91%), Iron: 1.7mg (9.44%), Copper: 0.14mg (7.2%), Vitamin C: 5.85mg (7.09%), Vitamin E: 0.8mg (5.32%), Fiber: 1.26g (5.05%), Vitamin D: 0.68µg (4.54%), Folate: 16.86µg (4.21%), Calcium: 40.71mg (4.07%), Vitamin A: 180.21IU (3.6%)