



Cider Pork Chop Dinner

READY IN



90 min.

SERVINGS



4

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups apple cider
- 1 large carrots cut into 1/2-inch pieces
- 1 teaspoon thyme dried
- 2 tablespoons flour all-purpose
- 0.3 teaspoon nutmeg
- 0.8 cup half and half
- 1 tablespoon olive oil
- 1 medium onion cut into 1/2-inch pieces
- 1 teaspoon pepper

- 4 pork loin chops bone-in (and 8 ounces each)
- 4 medium potatoes – remove skin red cubed
- 1 small rutabaga cubed peeled
- 1 teaspoon salt

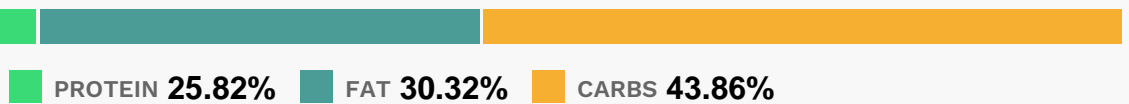
Equipment

- bowl
- frying pan

Directions

- Combine the thyme, salt and pepper; rub over both sides of pork chops. In a large skillet over medium heat, brown the chops in oil on both sides.
- Remove and set aside.
- Add cider to the pan, stirring to loosen any browned bits.
- Add the potatoes, onion, carrot, turnip and pork chops. Bring to a boil. reduce heat; cover and simmer for 1 hour or until meat juices run clear and vegetables are tender, stirring occasionally.
- Transfer pork chops and vegetables to a serving platter and keep warm. For gravy, bring the pan juices to a boil; cook, uncovered, until reduced to 3/4 cup. In a small bowl, combine the flour, nutmeg and cream until smooth. stir into reduced liquid. Bring to a boil; cook and stir for 2 minutes or until thickened. serve with meat and vegetables.

Nutrition Facts



Properties

Glycemic Index:90.9, Glycemic Load:10.82, Inflammation Score:-10, Nutrition Score:33.536521507346%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Apigenin: 1.85mg, Apigenin: 1.85mg, Apigenin: 1.85mg, Apigenin: 1.85mg Luteolin: 0.03mg, Luteolin: 0.03mg,

Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg

Nutrients (% of daily need)

Calories: 553.85kcal (27.69%), Fat: 18.73g (28.82%), Saturated Fat: 7.14g (44.62%), Carbohydrates: 60.99g (20.33%), Net Carbohydrates: 54.71g (19.89%), Sugar: 20.19g (22.43%), Cholesterol: 105.66mg (35.22%), Sodium: 736.11mg (32%), Alcohol: Og (100%), Protein: 35.9g (71.8%), Vitamin B1: 1.2mg (80.27%), Vitamin B6: 1.49mg (74.47%), Vitamin B3: 14.07mg (70.36%), Selenium: 48.79µg (69.7%), Vitamin A: 3203.03IU (64.06%), Potassium: 1905.48mg (54.44%), Phosphorus: 529.46mg (52.95%), Vitamin C: 35.01mg (42.44%), Manganese: 0.64mg (31.79%), Vitamin B2: 0.48mg (28.21%), Magnesium: 109.12mg (27.28%), Fiber: 6.28g (25.12%), Zinc: 3.24mg (21.58%), Copper: 0.43mg (21.44%), Vitamin B5: 1.94mg (19.41%), Iron: 3.27mg (18.18%), Folate: 66.15µg (16.54%), Vitamin K: 16.62µg (15.83%), Vitamin B12: 0.8µg (13.27%), Calcium: 129.7mg (12.97%), Vitamin E: 1.12mg (7.46%), Vitamin D: 0.54µg (3.57%)