

DINNER

Commune's Maple-Glazed Pork Chops With Pecans and Apples

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$4.66	683 kcal

The recipe Commune's Maple-Glazed Pork Chops With Pecans and Apples can be made in roughly 45 minutes. This recipe makes 4 servings with 698 calories, 31g of protein, and 30g of fat each. For \$4.66 per serving, this recipe covers 28% of your daily requirements of vitamins and minerals.

Ingredients

☐ 4 teaspoons balsamic vinegar	☐ 4 teaspoons brown sugar
☐ ¼ teaspoon cinnamon	☐ 2 green apples, cut into (3/4-inch) slices cut into 3/4-inch slices
☐ 1 cup maple syrup	☐ 2 tablespoons olive oil, divided
☐ ¾ cup pecan halves, toasted	☐ ½ teaspoon freshly ground pepper
☐ 4 (1-inch-thick) pork chops	☐ ½ teaspoon salt
☐ ¾ teaspoon salt	

EQUIPMENT Bowl, Frying pan, Whisk, Grill, Kitchen thermometer, Wax paper

Method

- 1

Whisk together first 4 ingredients in a medium bowl.

- 2 Stir together pecans and 2 tablespoons maple syrup mixture in a skillet over medium heat, stirring to coat pecans. Cook, stirring often, 3 minutes or until pecans are glazed. Arrange pecans in an even layer on wax paper; let cool. Coarsely chop, and set aside.
- 3 Sprinkle pork chops evenly with 3/4 teaspoon salt and pepper; brush with 1 tablespoon olive oil.
- 4 Grill chops, covered with grill lid, over medium-high heat (350 to 400
- 5 minutes on each side or until a meat thermometer inserted in thickest portion registers 160, basting with 1/2 cup maple syrup mixture during last five minutes of cooking. (If glazed earlier, glaze will burn.)
- 6 Transfer to serving platter. Cover and keep warm.
- 7 Sprinkle apple slices evenly with 1/2 teaspoon salt; brush with remaining 1 tablespoon oil.
- 8 Grill apples, without grill lid, over medium-high heat (350 to 400
- 9 to 6 minutes, turning occasionally and brushing with 1/4 cup syrup mixture.
- 10 Spoon remaining maple syrup mixture over pork chops.
- 11 Sprinkle with chopped pecans and, if desired, crystallized ginger.
- 12 Serve with grilled apples.

Nutrition per serving

	683 KCAL	31 g PROTEIN	30 g FAT	74 g CARBS
Saturated Fat				5.4 g · 34% of daily needs
Fibre				4.1 g · 16% of daily needs
Sugar				63.1 g · 70% of daily needs
Sodium				802 mg · 35% of daily needs
Cholesterol				89.8 mg · 30% of daily needs
Vitamin C				4.4 mg · 5% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/communes-maple-glazed-pork-chops-with-pecans-and-apples-148348