



Cook the Book: Smothered Pork Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large apples cored cut into 8 wedges and then 1-inch pieces
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon thyme dried
- ☐ 12 ounce apple cider hard (or other apple cider)
- ☐ 2 tablespoons coarse mustard
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion thinly sliced cut in half lengthwise and crosswise
- ☐ 2 pounds pork chops

- ☐ 0.3 teaspoon salt
- ☐ 3 cups sauerkraut rinsed drained

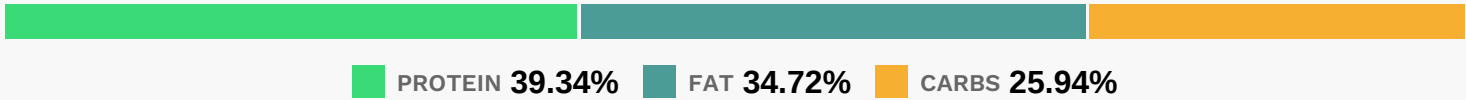
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Rub chops evenly with mustard.
- ☐ Heat oil in a large Dutch oven.
- ☐ Add pork chops (in 2 batches if necessary) and brown on both sides. Set aside.
- ☐ Add the onion and sautee until limp.
- ☐ Add cider, stirring to deglaze all of the brown bits from the bottom of the pan.
- ☐ Add the thyme, salt, and pepper.
- ☐ Return the chops to the pan and smother with apples and sauerkraut. Bring to a boil. Then lower heat, cover, and simmer for about 45 minutes or until chops are tender. Check occasionally during cooking.

Nutrition Facts



Properties

Glycemic Index:48.94, Glycemic Load:9.2, Inflammation Score:-7, Nutrition Score:33.137391339178%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.51mg, Catechin: 2.51mg, Catechin: 2.51mg, Catechin: 2.51mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 12.4mg, Epicatechin: 12.4mg, Epicatechin: 12.4mg, Epicatechin: 12.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg

Isorhamnetin: 1.88mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.59mg, Quercetin:
12.59mg, Quercetin: 12.59mg, Quercetin: 12.59mg

Nutrients (% of daily need)

Calories: 520.05kcal (26%), Fat: 19.99g (30.76%), Saturated Fat: 6.17g (38.53%), Carbohydrates: 33.62g (11.21%),
Net Carbohydrates: 26.64g (9.69%), Sugar: 23.37g (25.97%), Cholesterol: 151.95mg (50.65%), Sodium: 1046.85mg
(45.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.97g (101.95%), Selenium: 78.54µg (112.2%), Vitamin
B1: 1.6mg (106.94%), Vitamin B6: 1.9mg (94.86%), Vitamin B3: 18.53mg (92.63%), Phosphorus: 571.5mg (57.15%),
Potassium: 1300.95mg (37.17%), Vitamin C: 24.42mg (29.6%), Vitamin B2: 0.5mg (29.54%), Fiber: 6.97g (27.89%),
Zinc: 3.9mg (26%), Magnesium: 90.48mg (22.62%), Vitamin B12: 1.2µg (20.03%), Vitamin K: 21.02µg (20.01%),
Vitamin B5: 1.93mg (19.28%), Manganese: 0.38mg (19.22%), Iron: 3.32mg (18.45%), Copper: 0.29mg (14.63%),
Folate: 36.92µg (9.23%), Vitamin E: 1.2mg (8.01%), Calcium: 77.71mg (7.77%), Vitamin D: 0.91µg (6.05%), Vitamin A:
100.81IU (2.02%)