



## Cranberry Pork Chops II



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



6

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 cups cranberries fresh
- ☐ 0.3 teaspoon ground pepper black
- ☐ 6 pork chops
- ☐ 1 teaspoon salt
- ☐ 6 servings water as needed
- ☐ 0.8 cup sugar white

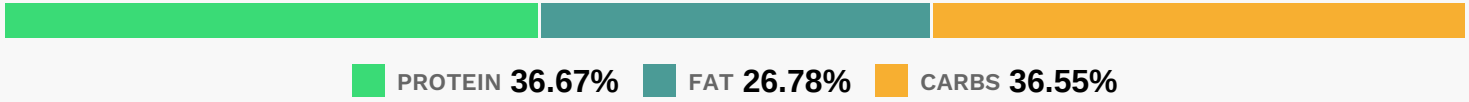
### Equipment

- ☐ frying pan

# Directions

- ☐ In a skillet, brown chops slowly in oil; drain.
- ☐ Add cranberries, sugar, salt and pepper to chops with 1/2 cup water to start. Bring to boil; reduce heat. Simmer, covered, for about 45 minutes or until tender but not dry.
- ☐ Add water if necessary to keep chops from drying out.

## Nutrition Facts



## Properties

Glycemic Index:24.52, Glycemic Load:18.72, Inflammation Score:-3, Nutrition Score:16.308695579353%

## Flavonoids

Cyanidin: 15.48mg, Cyanidin: 15.48mg, Cyanidin: 15.48mg, Cyanidin: 15.48mg Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

## Nutrients (% of daily need)

Calories: 319.49kcal (15.97%), Fat: 9.43g (14.5%), Saturated Fat: 3.29g (20.54%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 27.73g (10.08%), Sugar: 26.37g (29.3%), Cholesterol: 89.78mg (29.93%), Sodium: 464.66mg (20.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.04g (58.08%), Selenium: 44.54µg (63.63%), Vitamin B1: 0.9mg (59.86%), Vitamin B3: 10.74mg (53.69%), Vitamin B6: 0.99mg (49.6%), Phosphorus: 306.64mg (30.66%), Vitamin B2: 0.26mg (15.26%), Potassium: 528.17mg (15.09%), Zinc: 2.14mg (14.23%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.07mg (10.74%), Magnesium: 39.36mg (9.84%), Manganese: 0.14mg (7.1%), Copper: 0.13mg (6.74%), Vitamin C: 4.67mg (5.66%), Fiber: 1.22g (4.88%), Iron: 0.77mg (4.28%), Vitamin E: 0.62mg (4.1%), Vitamin D: 0.54µg (3.57%), Calcium: 20mg (2%), Vitamin K: 1.8µg (1.72%)