



Curried Cider-Braised Pork Chops

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



807 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups apple cider
- ☐ 1 bay leaves
- ☐ 4 pork chops boneless bone-in thick thin
- ☐ 1.5 tablespoons butter
- ☐ 1 large celery stalks chopped
- ☐ 1 tablespoon curry powder
- ☐ 2 cups onion chopped

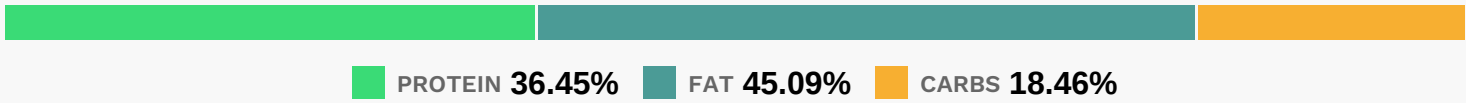
Equipment

- ☐ frying pan
- ☐ tongs

Directions

- ☐ Melt butter in large skillet over medium-high heat.
- ☐ Sprinkle pork with salt and pepper.
- ☐ Add pork to skillet and sauté until brown, about 3 minutes per side. Using tongs, transfer pork to plate.
- ☐ Add onions, celery and bay leaf to skillet. Sauté until onions are golden, about 6 minutes.
- ☐ Mix in curry powder.
- ☐ Add cider and boil until sauce is slightly reduced, about 6 minutes. Return pork and any accumulated juices to skillet. Simmer just until cooked through, about 3 minutes for boneless chops and 5 minutes for bone-in chops. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:77.38, Glycemic Load:11.36, Inflammation Score:-8, Nutrition Score:36.7473913483%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epicatechin: 8.34mg, Epicatechin: 8.34mg, Epicatechin: 8.34mg, Epicatechin: 8.34mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 33.51mg, Quercetin: 33.51mg, Quercetin: 33.51mg, Quercetin: 33.51mg

Nutrients (% of daily need)

Calories: 807.19kcal (40.36%), Fat: 39.94g (61.44%), Saturated Fat: 15.72g (98.24%), Carbohydrates: 36.79g (12.26%), Net Carbohydrates: 32.68g (11.88%), Sugar: 23.93g (26.59%), Cholesterol: 256.48mg (85.5%), Sodium: 270.62mg (11.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.63g (145.26%), Selenium: 116.19µg (165.98%), Vitamin B6: 2.62mg (131.19%), Vitamin B1: 1.76mg (117.56%), Vitamin B3: 22.87mg (114.35%), Phosphorus: 780.83mg (78.08%), Potassium: 1629.41mg (46.55%), Zinc: 6.44mg (42.95%), Vitamin B2: 0.73mg (42.79%),

Vitamin B12: 1.81µg (30.24%), Magnesium: 117.71mg (29.43%), Vitamin B5: 2.69mg (26.87%), Manganese: 0.5mg (24.8%), Iron: 3.6mg (20%), Vitamin C: 13.86mg (16.8%), Fiber: 4.12g (16.46%), Copper: 0.32mg (16.13%), Calcium: 133.45mg (13.34%), Vitamin D: 1.7µg (11.3%), Vitamin E: 1.37mg (9.1%), Folate: 36.15µg (9.04%), Vitamin A: 329.36IU (6.59%), Vitamin K: 4.95µg (4.72%)