



Fruit and Vegetable Pork

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 apples diced with peel cored
- 0.5 cup brown sugar packed
- 1 tablespoon cornstarch
- 4 servings pepper black to taste
- 0.5 onion chopped
- 4 pork chops
- 8 ounces sauerkraut
- 2 tablespoons vegetable oil

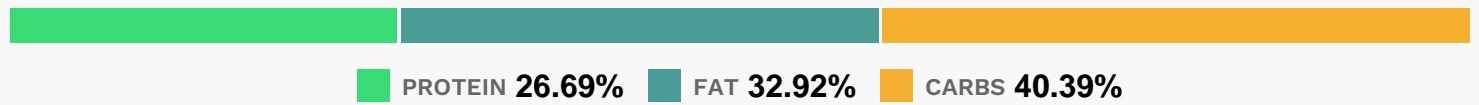
Equipment

- bowl
- frying pan

Directions

- Heat oil in a large skillet over medium high heat.
- Add chops and brown well. Top with apple slices.
- Meanwhile, in a medium bowl combine the sauerkraut, sugar and onion and mix all together. Thicken slightly with cornstarch.
- Place this mixture over the chops and apples and season with pepper to taste.
- Reduce heat to medium low. Cover skillet and cook all for 15 to 20 minutes or until chops are cooked through.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:3.87, Inflammation Score:-4, Nutrition Score:20.113913193993%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

Nutrients (% of daily need)

Calories: 443.78kcal (22.19%), Fat: 16.35g (25.16%), Saturated Fat: 4.37g (27.33%), Carbohydrates: 45.14g (15.05%), Net Carbohydrates: 41.03g (14.92%), Sugar: 37.73g (41.92%), Cholesterol: 89.78mg (29.93%), Sodium: 448.46mg (19.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.83g (59.66%), Selenium: 45.15µg (64.51%), Vitamin B1: 0.93mg (61.84%), Vitamin B6: 1.11mg (55.6%), Vitamin B3: 10.92mg (54.58%), Phosphorus: 329.7mg (32.97%), Potassium: 751.62mg (21.47%), Vitamin K: 22.1µg (21.04%), Vitamin B2: 0.29mg (16.94%), Fiber: 4.11g (16.42%), Vitamin C: 13.54mg (16.41%), Zinc: 2.26mg (15.03%), Magnesium: 50.84mg (12.71%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.14mg (11.37%), Iron: 1.86mg (10.32%), Manganese: 0.18mg (8.8%), Copper: 0.17mg (8.73%), Vitamin E: 0.98mg (6.52%), Calcium: 58.32mg (5.83%), Folate: 19.24µg (4.81%), Vitamin D: 0.54µg (3.57%), Vitamin A: 65.53IU (1.31%)