



Fruity Pork Chops



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



338 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup apples dried
- ☐ 0.5 cup cherries dried sour
- ☐ 1 cinnamon sticks
- ☐ 0.5 cup apricots dried
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup plum brandy
- ☐ 2 cups orange juice fresh
- ☐ 0.3 teaspoon pepper

- ☐ 4 large rib pork chops thick ()
- ☐ 0.8 cup prune- cut to pieces

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil

Directions

- ☐ Combine ingredients in a 2- to 3-quart saucepan; bring to a simmer, cover and cook until fruit is soft but not falling apart, 30 minutes.
- ☐ Remove and discard cinnamon stick. (Compote can be made and refrigerated up to 4 days ahead. Reheat, adding up to 1 cup water to loosen.)
- ☐ Heat a large cast-iron skillet over medium heat. Season pork chops with salt and pepper and add to pan. Cook until browned on bottom, about 6 minutes. Turn and cover pan loosely; cook about 6 minutes more, until meat is firm to the touch.
- ☐ Transfer chops to a board, tent loosely with foil and let stand for 5 minutes.
- ☐ Arrange chops on plates and spoon compote on top.

Nutrition Facts



Properties

Glycemic Index:45.85, Glycemic Load:16.12, Inflammation Score:-9, Nutrition Score:13.19565237597%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 2.35mg, Delphinidin: 2.35mg, Delphinidin: 2.35mg, Delphinidin: 2.35mg Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg Catechin: 6.32mg, Catechin: 6.32mg, Catechin: 6.32mg, Catechin: 6.32mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 6.89mg, Epicatechin: 6.89mg, Epicatechin: 6.89mg, Epicatechin: 6.89mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate:

0.06mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 337.72kcal (16.89%), Fat: 0.59g (0.91%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 68.29g (22.76%), Net Carbohydrates: 61.86g (22.5%), Sugar: 47.31g (52.56%), Cholesterol: 0.67mg (0.22%), Sodium: 302.93mg (13.17%), Alcohol: 9.18g (100%), Alcohol %: 4.13% (100%), Protein: 3.66g (7.33%), Vitamin C: 63.83mg (77.37%), Vitamin A: 1646.51IU (32.93%), Fiber: 6.42g (25.69%), Potassium: 773.17mg (22.09%), Manganese: 0.41mg (20.25%), Vitamin K: 21.2µg (20.2%), Copper: 0.24mg (12.14%), Folate: 41.14µg (10.29%), Vitamin B1: 0.15mg (10.25%), Magnesium: 40.19mg (10.05%), Vitamin B3: 1.78mg (8.9%), Iron: 1.5mg (8.35%), Vitamin B6: 0.16mg (8.08%), Vitamin B2: 0.13mg (7.72%), Phosphorus: 66.98mg (6.7%), Calcium: 66.49mg (6.65%), Vitamin E: 0.97mg (6.48%), Vitamin B5: 0.51mg (5.08%), Zinc: 0.36mg (2.38%), Selenium: 1.24µg (1.78%)