

DINNER

Grape and Apple Glazed Pork Chops

21 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
75 min	15 min	60 min	3	\$2.85	576 kcal

Grape and Apple Glazed Pork Chops could be just the dairy free recipe you've been looking for. One portion of this dish contains approximately 41g of protein, 27g of fat, and a total of 592 calories. For \$2.85 per serving, this recipe covers 29% of your daily requirements of vitamins and minerals. T...

Ingredients

☐ 1 apple, cored and sliced	☐ 3 tablespoons bread crumbs
☐ 8 ounces sliced fresh mushrooms	☐ 4 ounce Italian sausage, sliced
☐ ½ onion, sliced	☐ 3 boneless pork chops
☐ 3 servings salt and pepper to taste	☐ 1 pinch steak seasoning
☐ 1 tablespoon vegetable oil	☐ 2 cups white grape juice

EQUIPMENT Frying pan, Oven

Method

- 1 Preheat the oven to 375 degrees F (190 degrees C).
- 2 Slice a pocket into the side of each pork chop. Stuff 1 tablespoon of bread crumbs into each pocket. Stuff a few slices of Italian sausage into each pocket. Season the outside of the chops with salt, pepper and steak seasoning.
- 3 Heat the oil in an oven-proof skillet over medium-high heat. Fry the pork chops in the pan until light brown.

- 4 Remove chops from the pan and keep warm on a plate.
- 5 Add the onion and mushrooms to the pan. Cook and stir until tender. Return the chops to the pan and add the apple slices and grape juice. Season with a small amount of salt and pepper.
- 6 Transfer the skillet to the preheated oven and bake for 1 hour.
- 7 Serve pork chops with the sauce spooned over them.

Nutrition per serving

576	39 g	27 g	45 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			8.5 g · 53% of daily needs
Fibre			3.4 g · 13% of daily needs
Sugar			33.2 g · 37% of daily needs
Sodium			621 mg · 27% of daily needs
Cholesterol			119 mg · 40% of daily needs
Vitamin C			6.7 mg · 8% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/grape-and-apple-glazed-pork-chops-144233