



Maple-Glazed Pork with Apples

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 0.3 cup breadcrumbs dry
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 cup maple syrup
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 16 ounce pork cutlets
- ☐ 2 medium golden delicious apples cored cut into 16 wedges

- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon spicy brown mustard

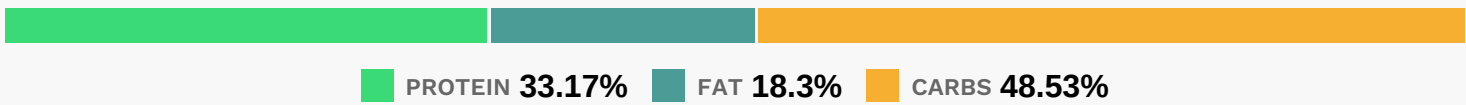
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Combine first 4 ingredients in a small bowl; stir well with a wire whisk, and set aside.
- ☐ Place breadcrumbs in a large zip-top plastic bag.
- ☐ Add pork; seal bag, and shake to coat pork with breadcrumbs.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add pork, and cook 2 minutes on each side or until golden brown.
- ☐ Add cider and apple wedges; bring to a boil. Reduce heat, and simmer, uncovered, 10 minutes or until pork is done.
- ☐ Add maple syrup mixture, and cook 5 minutes or until thick and syrupy.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:51.31, Glycemic Load:11.3, Inflammation Score:-4, Nutrition Score:20.593043316966%

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: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 8.24mg, Epicatechin: 8.24mg, Epicatechin: 8.24mg, Epicatechin: 8.24mg 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: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin:
0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol:
0.16mg, Kaempferol: 0.16mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin:
3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 325.02kcal (16.25%), Fat: 6.58g (10.12%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 39.24g (13.08%),
Net Carbohydrates: 36.43g (13.25%), Sugar: 28.87g (32.08%), Cholesterol: 74.84mg (24.95%), Sodium: 297.26mg
(12.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.81g (53.62%), Selenium: 42.14µg (60.19%), Vitamin
B1: 0.9mg (59.96%), Vitamin B3: 9.99mg (49.97%), Vitamin B6: 0.91mg (45.64%), Manganese: 0.78mg (38.86%),
Vitamin B2: 0.62mg (36.28%), Vitamin K: 36.71µg (34.96%), Phosphorus: 293.97mg (29.4%), Potassium: 658.04mg
(18.8%), Zinc: 2.18mg (14.52%), Magnesium: 48.2mg (12.05%), Fiber: 2.81g (11.22%), Vitamin B12: 0.6µg (10.03%),
Vitamin B5: 0.97mg (9.74%), Vitamin C: 7.13mg (8.64%), Iron: 1.29mg (7.15%), Calcium: 60.88mg (6.09%), Copper:
0.12mg (5.87%), Vitamin A: 221.26IU (4.43%), Vitamin E: 0.64mg (4.25%), Folate: 13.28µg (3.32%), Vitamin D: 0.34µg
(2.27%)