



Pan-Seared Pork Chops with Applesauce

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

READY IN



45 min.

SERVINGS



4

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons brown sugar
- 1 teaspoon canola oil
- 1 tablespoon cider vinegar
- 0.1 teaspoon ground cinnamon
- 16 ounce center-cut loin pork chops boneless (1/)
- 4 cups delicious apple red peeled sliced (2)
- 0.1 teaspoon salt

- 0.3 teaspoon salt
- 0.3 cup water

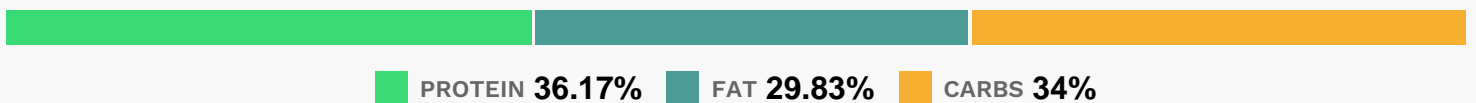
Equipment

- food processor
- bowl
- frying pan
- plastic wrap
- microwave

Directions

- Combine the first 5 ingredients in a medium microwave-safe bowl, and toss well. Cover with plastic wrap, and microwave at HIGH 12 minutes or until tender. Cool 5 minutes.
- Place apple mixture in a food processor, and process until smooth. Stir in 1/8 teaspoon salt.
- Heat oil in a large nonstick skillet over medium-high heat.
- Sprinkle pork on both sides with 1/4 teaspoon salt and pepper; add to pan. Cook 4 minutes on each side or until pork is done.
- Let stand 5 minutes.
- Serve with applesauce.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:4.59, Inflammation Score:-3, Nutrition Score:14.858260960683%

Flavonoids

Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-

gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 273.66kcal (13.68%), Fat: 9.09g (13.98%), Saturated Fat: 2.89g (18.06%), Carbohydrates: 23.3g (7.77%), Net Carbohydrates: 20.24g (7.36%), Sugar: 18.84g (20.93%), Cholesterol: 75.98mg (25.33%), Sodium: 276.33mg (12.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.78g (49.57%), Selenium: 37.62µg (53.74%), Vitamin B1: 0.78mg (51.85%), Vitamin B3: 9.18mg (45.9%), Vitamin B6: 0.88mg (43.87%), Phosphorus: 270.81mg (27.08%), Potassium: 569.42mg (16.27%), Vitamin B2: 0.24mg (14.27%), Fiber: 3.06g (12.26%), Zinc: 1.82mg (12.1%), Vitamin B12: 0.6µg (10.02%), Magnesium: 36.87mg (9.22%), Vitamin B5: 0.91mg (9.11%), Vitamin C: 5.75mg (6.97%), Copper: 0.1mg (5.24%), Manganese: 0.09mg (4.61%), Iron: 0.79mg (4.37%), Vitamin E: 0.55mg (3.67%), Vitamin K: 3.69µg (3.51%), Vitamin D: 0.45µg (3.02%), Calcium: 22.44mg (2.24%), Vitamin A: 72.9IU (1.46%)