



Pepper Pork Chops



Gluten Free



Dairy Free

READY IN



860 min.

SERVINGS



4

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 ounces apples dried
- ☐ 2 tablespoons peppercorns black crushed
- ☐ 1.5 cups chicken broth
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 tablespoon coarsely ground pepper black
- ☐ 4 cups ice cubes
- ☐ 0.5 cup kosher salt
- ☐ 0.5 cup brown sugar light

- ☐ 2 tablespoons olive oil
- ☐ 1 large onion julienned
- ☐ 4 inch thick pork chops bone-in
- ☐ 2 cups vegetable broth

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ Combine the vegetable broth, 1/2 cup kosher salt, brown sugar and peppercorns in a medium saucepan and set over medium-high heat. Cook just until the salt and sugar dissolve, and then remove from the heat and add the ice.
- ☐ Place the pork chops into a 2-gallon zip-top bag along with the brine and seal.
- ☐ Place in a plastic container and refrigerate overnight.
- ☐ Remove the chops from the brine, rinse and pat dry.
- ☐ Sprinkle on both sides with the remaining 2 teaspoons kosher salt and set aside.
- ☐ Place the apples in a 5 1/2- to 6-quart slow cooker.
- ☐ Heat 1 1/2 tablespoons of the olive oil in a 12-inch stainless steel saute pan over medium-high heat.
- ☐ Saute the pork chops on both sides until golden brown, 5 to 6 minutes per side. Once browned, place the pork chops into the slow cooker atop the apples.
- ☐ Add the remaining 1/2 tablespoon olive oil to the pan, followed by the onions, and saute until they begin to brown, 3 to 4 minutes.
- ☐ Add the chicken broth to the pan to deglaze.
- ☐ Add the black pepper and thyme and stir to combine.
- ☐ Transfer this to the slow cooker, set to high, cover and cook for 1 1/2 hours. Decrease the heat to low and continue cooking until the pork is tender and falling away from the bone, another 4 hours and 30 minutes.

Nutrition Facts



PROTEIN 3.86% FAT 29.3% CARBS 66.84%

Properties

Glycemic Index:42, Glycemic Load:3.03, Inflammation Score:-6, Nutrition Score:7.3147825708856%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg

Nutrients (% of daily need)

Calories: 224.92kcal (11.25%), Fat: 7.72g (11.87%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 39.62g (13.21%), Net Carbohydrates: 36.74g (13.36%), Sugar: 31.9g (35.44%), Cholesterol: 3.52mg (1.17%), Sodium: 14967.83mg (650.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Manganese: 1mg (49.96%), Vitamin K: 19.76µg (18.82%), Fiber: 2.88g (11.54%), Copper: 0.19mg (9.28%), Calcium: 86.18mg (8.62%), Iron: 1.48mg (8.21%), Vitamin E: 1.18mg (7.86%), Potassium: 230.06mg (6.57%), Vitamin A: 309.48IU (6.19%), Magnesium: 23.2mg (5.8%), Vitamin B6: 0.1mg (5.15%), Vitamin B2: 0.09mg (5.01%), Vitamin C: 3.88mg (4.7%), Vitamin B1: 0.06mg (4%), Phosphorus: 33.92mg (3.39%), Selenium: 2.1µg (2.99%), Vitamin B3: 0.54mg (2.7%), Folate: 9.83µg (2.46%), Zinc: 0.34mg (2.27%), Vitamin B5: 0.21mg (2.12%)